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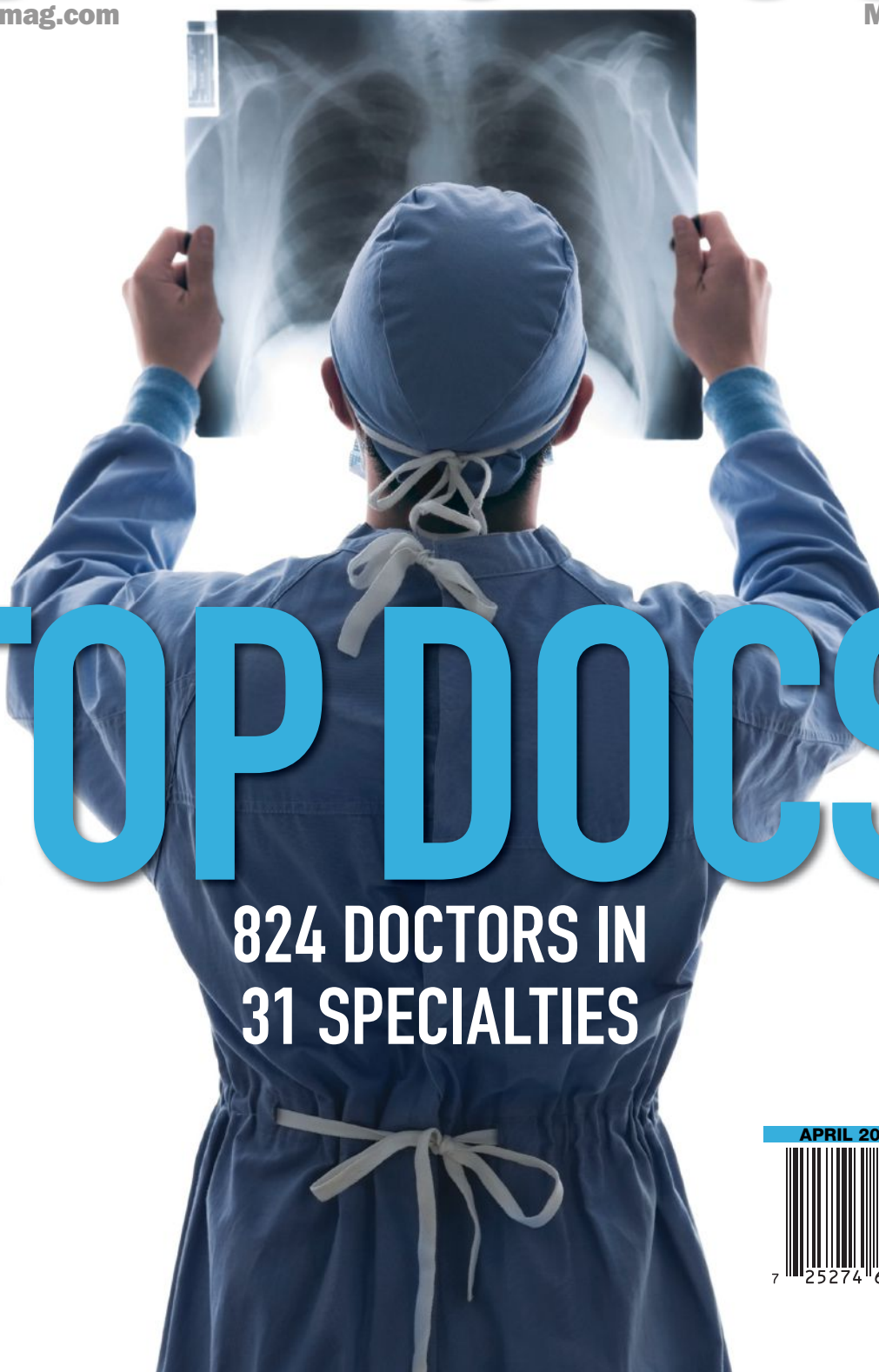

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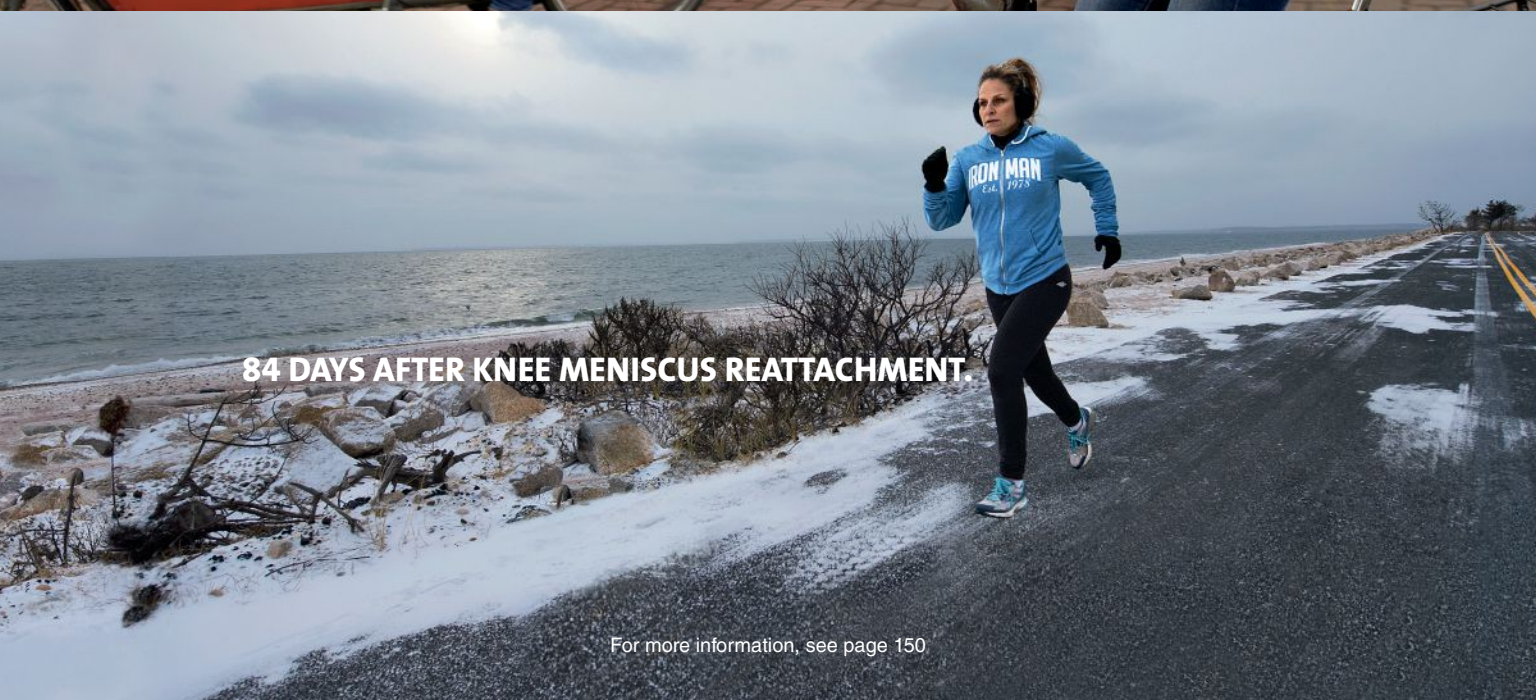

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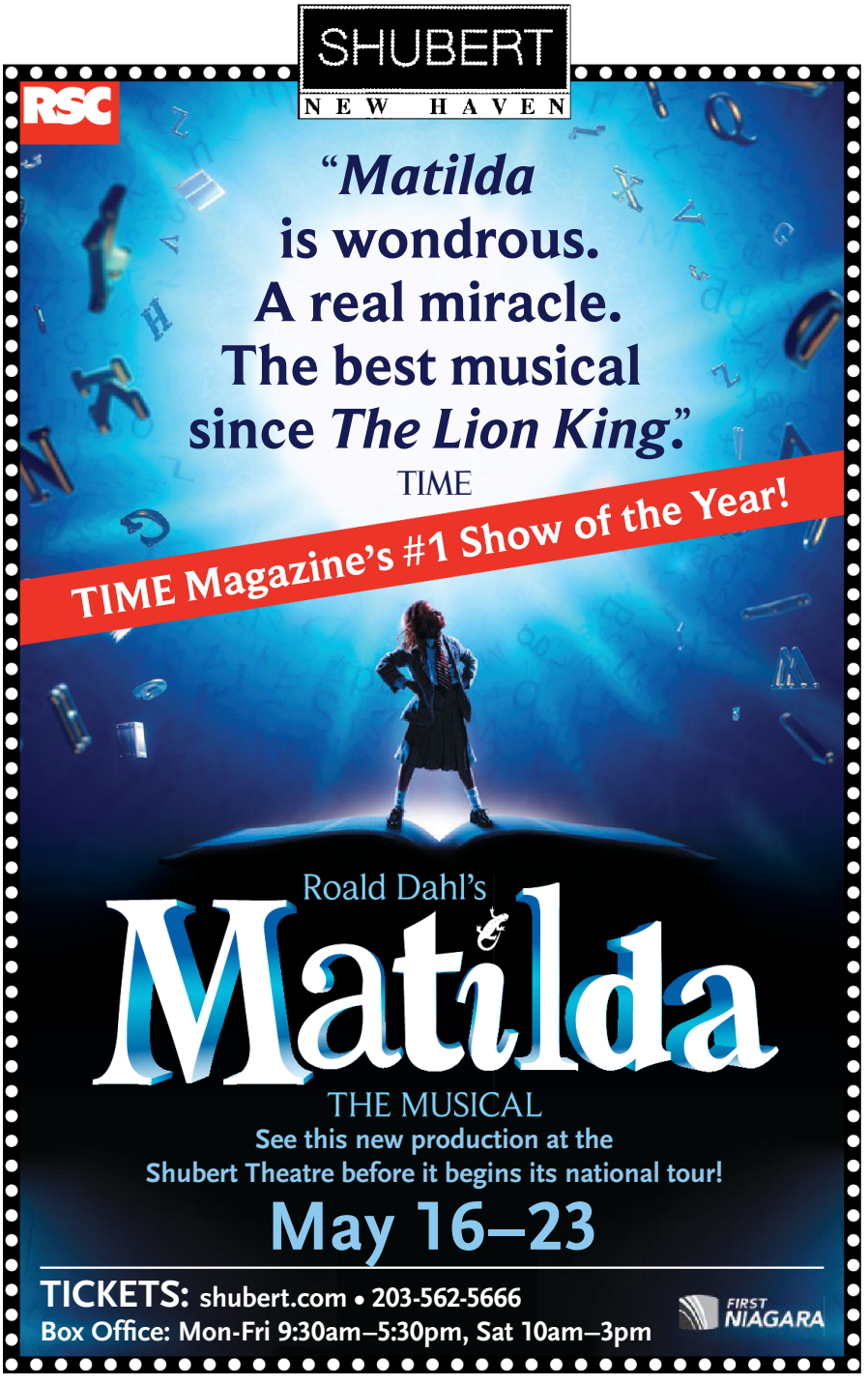

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CONNECTICUT MAGAZINE

from the editors

Marks of the Makers

For the better part of its history, Connecticut has been known as a place where things are made—from guns and clocks to Wiffle balls and jingle bells to submarines and helicopters. The cotton gin, can opener, portable typewriter and vulcanized rubber were all invented here, even if they would go on to be mass produced elsewhere. We have a well-earned reputation for innovation, enterprise and craftsmanship, which even extends to such culinary delights as white clam pizza and the hamburger sandwich, both conceived in New Haven (we covered the state's best pizza in March and will bite into some burgers in May).

Granted, as the cost of doing business in the state has risen in recent decades, manufacturing here has taken a bit of a tumble, but that hasn't dampened our ingenuity or creativity.

That drive is reflected in this issue in a number of ways. In First, "Sole Men" (page 16) features The Brothers Crisp, who have made a name for themselves by hand-sewing artisan shoes in Hartford. "Forging Ahead" (page 44) profiles Nick Moreau, who is keeping his family's blacksmithing legacy burning bright, not unlike the forge he uses to fashion fine metal works. And "The Biotech Boom" (page 41) examines the state's growing biotech industry, which after years of promise and investment is finally beginning to deliver tangible successes.

This issue also turns out to be a bit Hartford-centric. In addition to The Brothers Crisp, we visit two Hartford dining destinations, both in the South End—not far from Hartford Hospital and Trinity College—and both deserving a broader effort by Connecticut residents to navigate the capital's urban landscape and make new discoveries. The original First and Last Tavern has a wonderful clubby atmosphere, terrific traditional Italian food and a bakery/café across the street where much of the magic happens. Mozzicato DePasquale Bakery & Pastry Shop offers dreamy Italian sweets and cakes—but it also has a café next door where you'll feel like you just stepped off the Via Condotti, and where you can enjoy Sicilian pan pizza, perfectly made cappuccinos and even a martini.

Finally, Susan Campbell writes about the growing intentional living movement in Connecticut and in particular, one Hartford group fighting to keep their home while the neighbors have other ideas ("The Right Intentions," page 50).

Of course, this issue also features plenty of stories outside of the capital city—as it does every month—because, just like Connecticut's legacy of making things, we love creating something for everyone that can be enjoyed by all.

Happy reading!

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Sometimes, the quality of a health system speaks for itself.

We salute our 265 physicians and the contributions they're making to the future of medicine throughout Connecticut, throughout the country and throughout the world.

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Shirvinda Wijesekera, MD
David Witt, MD
Abraham C. Yale, DPM
Ken Yanagisawa, MD
Kai Yang, MD
Joseph Zelson, MD
Gary Zimmerman, MD
Kaye Zuckerman, MD
Felice R. Zwas, MD

Bridgeport Hospital | Greenwich Hospital | Yale-New Haven Hospital | Northeast Medical Group

For more information, see page 150

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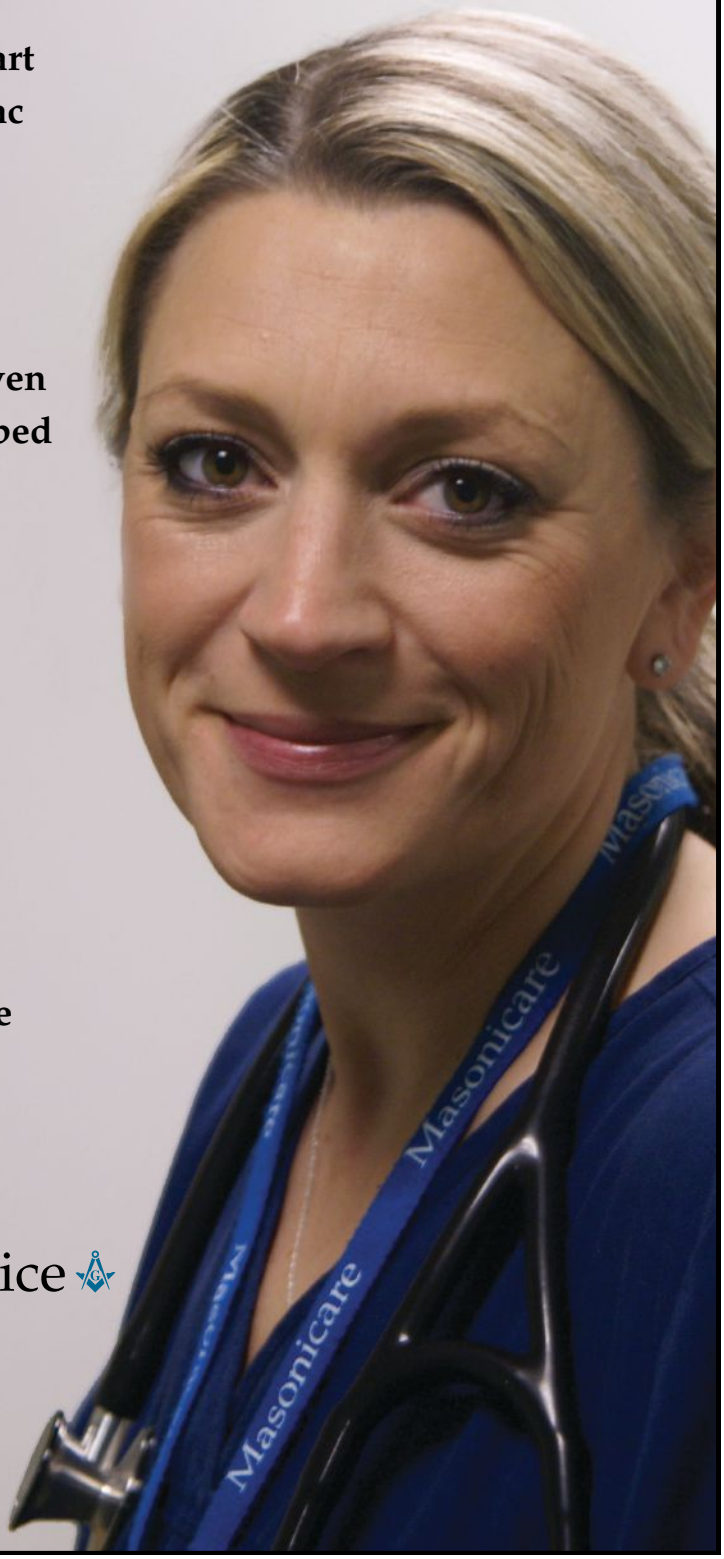

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www.masonicare.org

For more information, see page 150

voices

Connecticut Magazine welcomes letters. Write to Editor, *Connecticut Magazine*, 100 Gando Dr., New Haven, CT 06513, or email to editorial@connecticutmag.com. Be sure to include your name, telephone number and address; no anonymous letters will be published. We may edit letters for space reasons or clarity.

reader letters

Best Pizza

The response to our "Best Pizza in Connecticut" feature in our March magazine has been tremendous. Folks seem to be loving that we took a big bite of the premier pies in a state that might claim the title as the gourmet pizza capital of the U.S.

Most impressive is the passionate and vigorous engagement we're witnessing via email, Twitter and Facebook. In very positive fashion, pizza fans are telling us about pizzerias not on our list (naturally constrained by time, space and other resources) that they love and judge to be worth discovery.

Rather than essentially run the same letter over and over again in this space, here's a rundown on some of the favorite places being brought to our attention.

Zuppardi's Apizza, West Haven
AD Pizzeria, Windsor Locks
West Main Pizza, Plainville
Rocky's Pizza, Waterbury
McBride's, Wolcott
E&D Pizza, Avon
Bella Napoli, Milford
Mangia, Mangia, Brookfield
Campion Pizza, South Windsor
Minervini's Pizzeria, Wallingford
Mario's Pizzeria, Naugatuck
Pizza King, Killingly
Three Fellas, Marlborough
Elm Hill Pizza, Newington
Yanni's, Newington
Carmine's Pizza & Italian Take-Out, Durham
Ernie's Pizzeria, New Haven
Rossini's, Cheshire
Naples Pizza, Farmington
Little City, Simsbury
GG Wood Fired Pizza, Milford
Sal's New York Style Pizza, South Windsor
Joey Garlic's, Newington, Farmington & West Hartford
The Plum Tomato, Colchester & Salem
Sweet Evalina's Stand, Woodstock
Castello Pizza & Italian Market, Meriden
East Avenue Pizza, East Norwalk
Fat Cat Pie Co., Norwalk
Taormina Restaurant, Danbury
Riko's Pizza, Stamford & Norwalk
Blarney Stone Pizza, Middlebury
Massimo Pizzeria Ristorante, Bridgeport
Luigi's Restaurant, Fairfield
Sorrento Pizza & Restaurant, Stamford
Strada 18, South Norwalk
Full Circle Pizza, West Haven
Two Boots, Bridgeport
Pacileo's, Branford
Pizzeria Napoletano, Prospect
Luna's, Glastonbury & West Hartford
Harry's Pizza, West Hartford & Glastonbury
Portobello, Brookfield
Abate's Pizza, Orange

The conversation continues online. Visit connecticutmag.com/ReadersBestPizza to see more suggestions and even add your own.

'40 Under 40' and Beyond

I greatly enjoy reading the "40 Under 40" feature [February 2015], and am always impressed by the achievements of the featured individuals. I would like to suggest a similar format for a different population: "6 over 65" or "7 Over 70," which would showcase older local individuals who contribute to the community on a variety of professional levels as well, so that readers could be inspired by both ends of the age spectrum.

Pam Landry
New Haven

Join the conversation—follow us on Twitter @connecticutmag and on our Facebook page.

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OUR 2015 TOP DOCS
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Congratulations to our Connecticut Magazine Top Docs!

(From top-left to bottom-right) ***Dr. Lisa C. Alonso****, Pediatrics;* ***Dr. Jonathan Aranow****, Bariatric Medicine;* ***Dr. Molly Brewer****, Obstetrics/Gynecology;* ***Dr. Timothy J. Buckley****, Family Medicine;* ***Dr. John A. Federico****, Thoracic Surgery;* ***Dr. Robert A. Grillo Jr.****, Psychiatry;* ***Dr. Gary Grippo****, Podiatry;* ***Dr. Brad Jubilier****, Pediatrics;* ***Dr. Michael J. Kalinowski****, Family Medicine;* ***Dr. David A. Kvam****, Neurosurgery;* ***Dr. Steven C. Levin****, Anesthesiology;* ***Dr. Virginia Maher-Wiese****, Dermatology;* ***Dr. Andrea M. Malon****, General Surgery;* ***Dr. Bruce Moeckel****, Orthopedic Surgery;* ***Dr. Joseph A. Newell****, Pediatrics;* ***Dr. Daniel B. Novak****, Family Medicine;* ***Dr. Margaret E. O'Donoghue****, Neurology;* ***Dr. Stanislaus Opalacz****, Gastroenterology;* ***Dr. Vinod Pathy****, Plastic Reconstructive Surgery;* ***Dr. Terry F. Reardon****, Orthopedic Surgery;* ***Dr. Andrea Schaffner****, Geriatric Medicine;* ***Dr. Otto G. Weis****, Family Medicine;* ***Dr. Allison Whitaker****, Pediatrics;* ***Dr. Robert A. Yordan****, Obstetrics/Gynecology*

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For more information, see page 150

Charting Debate

NEW PROPOSED FUNDING FOR CHARTER SCHOOLS IS MORE FODDER IN THE ONGOING BATTLE.

The scoreboard in the debate between charter schools and public schools keeps seesawing, with neither side ready to declare victory in the ongoing—and fiercely political—battle over parent choice in education.

Days after the governor announced an increase in funding for some charter schools—to the tune of more than $20 million in extra funds for charter school seats in his proposed budget—the red shirt-wearing teacher's union handed charters a defeat when a partnership between the charter management organization Achievement First and New Haven Public Schools was pulled off the table.

Both sides say the $20 million shows the governor's commitment to providing choices in schools for parents—but charter advocates say it's not enough.

As the legislative session wears on, the fight has heated up as charter advocates, who have organized under a common umbrella called the coalition For Every Child, are pressuring legislators in the form of television and digital ads. To counter, traditional public education advocates tout the previous failings of charter school companies.

While the charter movement has gained momentum in different cities across the state like Hartford, Bridgeport and New Haven, eyes are now on the state legislature to see if they signal a pause or a green light on more charter schools.

The legislative session opened days after a report from the state Department of Education slammed the conduct of the management company at Hartford's Jumoke Academy, Family Urban Schools of Excellence. Last year, Jamoke's CEO Michael Sharpe was forced to resign after it was discovered that he had falsified his credentials and had engaged in serious financial mismanagement of the organization. Since it was founded in 1997, Jamoke has received $53 million from the state; the probe uncovered evidence that alarming portions of recent funds had been diverted to Sharpe's personal use and away from the classroom.

Though the Department of Education has already begun changing some rules after the FBI launched probes into the organization months prior, the report continued to grease the wheels of the legislature to look into additional oversights—which the traditional school advocates now hope will happen. Connecticut's lack of oversight has been noted by outside organizations such as the National Association of Charter School Authorizers, which recently ranked Connecticut one of the worst in terms of oversight.

In Gov. Dannel P. Malloy's proposed budget for the next two years, he allocates an additional $12 million in 2016 for 1,250 new seats in charter schools, and $7.9 million in 2017 for 612 more. The largest portion municipalities receive from the state will come in the form of an education cost-sharing grant from the state that will fund municipalities the same in this budget as it has in past years. Both sides want more.

Connecticut Education Association Executive Director Mark Waxenberg says he views the governor's proposal as a commitment to school choice and not an entirely surprising one. He likens not increasing public school funding in lieu of an increase in charter funding as "robbing Peter to pay Paul."

"I think the legislature has a lot of serious questions into the oversight and accountability of charter schools, based on what's happened over the last two years," he says. "They're putting on the brakes a little—and they're going to assess. 'Do we have the oversight? Do we have the accountability?' I get a sense that there's not an abandonment of charters, but just a 'let's slow down and take a look at this.'"

Even before the legislature began its session, the coalition For Every Child was out in force, holding a rally on the New Haven green and press conferences in Hartford, calling for legislators to help provide a quality education "for every child." Among the organization's chief recommendations is to increase the number of charter seats available. The funds allocated by Malloy's proposed budget will allow existing charter schools to keep phasing in grades—but falls short of the amount requested by the State Board of Education to open eight new charter schools.

Jennifer Alexander, the CEO of the Connecticut Coalition for Achievement Now, says children in failing schools have waited too long for choice—and the momentum keeps building.

"I think we were encouraged that the proposed budget will allow the state to keep promises to children and communities, but we wish the budget had gone farther because there are lots of families waiting for access to high-quality schools. We're hopeful that something will improve the outdated charter school policy."

ConnCan supports better oversight of charter schools as well, and thinks the time might be now for the state to recognize the importance of charters, while also creating the legislature around them.

Clearly, even after this session of the General Assembly, the charter debate will continue.

| JENNIFER SWIFT |

ARCHIDEAPHOTO/ISTOCK/THINKSTOCK

Sole Men

THE BROTHERS CRISP ARE MAKING SHOES AND FINDING SUCCESS—ONE HANDMADE PAIR AT A TIME.

Think of shoes as the new organic veggies.

No, we're not suggesting you eat shoe leather—just seeing an evolutionary connection between stylish footwear and the movement that has revolutionized what many Connecticut residents eat by turning the clock way back on where, and how, food is grown and purchased.

The trend of finding innovation and top quality in a return to our roots now extends to shoes in Connecticut, specifically hand-sewn men's shoes.

In March 2013, a young man named Joshua Westbrook revived the shoemaker's art—once a mainstay in New England—by launching a footwear company called **The Brothers Crisp** in a loft space at a former tire factory on Park Street in the Parkville section of Hartford.

"I've always loved shoes," Westbrook says in giving a tour of his space and demonstrating his art. That appreciation, along with a desire to work with his hands, were stitched together by his will to follow a passion.

"I just decided to go for it," says Westbrook, who researched shoemaking schools and set off to Ashland, Oregon, to learn the craft. "It's a statement in a sense," he says of his creative career choice that has led to a growing enterprise with ambitious plans.

Every shoe produced is designed and manufactured in-house, every cut and stitch executed by The Brothers Crisp.

The earliest designs were eye-catching. The St. Crispin's Day Boot (now sold out) featured cognac-colored Essex leather from the Horween Tannery and contrasting outer quarter panels—the outside was a vintage tweed and the inside featured a Cone Mills duck fabric. It sold for a little more than $500.

A chukka boot that's still available and priced at $398 carries this description: "Horween leather in a nut brown derby and lined with honey shearling. They are finished off with a 10 iron Italian leather midsole and a black Vibram Christy sole. Stomp around and stay cozy all winter long."

Also still in the store online are a holiday leather "slipper," and a St. Crispin's Day mocsford. All of it is moccasin construction and hand-sewn, says Westbrook, pointing out that the leather goes all the way underneath the foot, sitting atop American-made Vibram soles that come from Massachusetts.

Westbrook, joined by the young enterprise's business director, Jeff Devereux, is now pushing the design envelope into hallowed territory by releasing a sneaker like no other.

Also on the way is The Brothers Crisp interpretation of dress shoes, and Devereux doesn't exaggerate in saying, "Both are more than likely to turn necks on the street."

"If I could tan my own hides I would do it," says Westbrook, who is rigorous about sourcing only the finest materials as he presses the fast-forward button on "a real New England tradition," with style and durability as equally weighted goals.

PHOTOS COURTESY OF THE BROTHERS CRISP

Westbrook is hoping to release two new styles of shoes a month, and to construct—by hand—20 pairs of each one.

The Brothers Crisp is pursuing multiple retail opportunities at this point, and there are plans for an initial crowd-funding campaign early this spring. ("Our best customer is a doctor from Singapore," says Devereux.)

"We will launch one of our new collections through the campaign with the hope that it will help The Brothers Crisp continue to grow into the company we want it to be, while giving the people an opportunity to take part in the process," says Devereux.

The Brothers Crisp is very much a Hartford enterprise. Both Westbrook and Devereux live in Hartford. "We're pretty much attached to Hartford. We like it here," says Westbrook, whose grandfather was a prosecutor and a judge in Connecticut's capital.

As for the name The Brothers Crisp, "It's an onion you can peel back," says Westbrook. The inspiration comes from two saints, Crispin and Crispinian, who are the Christian patron saints of cobblers.

The saints were twin brothers—though Westbrook and Devereux are not brothers—and they look out for artisans who make fine shoes.

(860) 385-2040, thebrotherscrisp.com | D.P.C. |

Please Don't Feed the Birds

PEOPLE MEAN WELL WHEN THEY FEED WILD ANIMALS, BUT MORE OFTEN THAN NOT, THEY ARE NOT HELPING.

DECENT-EXPOSURE-PHOTOGRAPHY/THINKSTOCK

Breaking off crusty pieces of stale Wonder bread and tossing it to the birds at the local pond is one of those romanticized past times we all reflect on with fondness and pass on to our children. We assume we're doing the birds a favor by giving them something extra to eat, but what we don't know is that we're actually harming them, sometimes in long-lasting ways.

The commission and residents of Young's Pond in Branford discovered this for themselves last year. One concerned citizen noticed a swan in the Supply Pond, which flows into Young's Pond, with a deformed wing. Some quick research showed that the deformity, called an 'angel wing' or a 'propeller wing,' is caused by a high-calorie diet, specifically one high in proteins and low in vitamins D, E and magnesium. Improper diet can also cause Metabolic Bone Disease (MBD), the painful breakdown of joints and tissues.

That concerned citizen, who wishes to remain anonymous, made a presentation to the Young's Pond Commission and the Branford Open Space Committee, which governs the Supply Pond. The general consensus was that no one knew the real dangers associated with feeding the birds. It was an honest mistake, but one the Connecticut Department of Energy and Environmental Protection has been trying to educate the public about for decades.

"The simplest reason people shouldn't feed the birds is that it's really not good for them," says Jenny Dickson, wildlife biologist at DEEP. "It is not the kind of food they would normally eat and it's not nutritious, but they fill up on it."

Take for instance the mallard duck, which is a common species in Connecticut. Dickson says the ducks primarily feed on aquatic vegetation and invertebrates under the mud surface of the water, which provides "better fiber and protein elements." Feeding the ducks bread and crackers doesn't give them the nutrition necessary to survive.

According to DEEP, waterfowl are wild birds that can locate natural food sources throughout the year.

But the nutritional issue just scrapes the surface. Ecological systems and animal behaviors can be severely disrupted by continual feedings from humans, which can have unintended consequences.

"When you get a lot of animals in a small area to take advantage of food handouts, that's bad," says Dickson. "There can be fighting within the animals, which can spill over to people. If they become too habituated with humans, the animals won't know the bounds between when they should go up to someone and when they shouldn't. They can become less willing to work for their food, and it can teach them to do things that are ultimately very bad for them."

The danger of disease, for the animals and for humans, also increases with repeated contact. Bird droppings can be hazardous to humans. Large concentrations of feeding birds can also pass diseases to each other more easily.

"The disease factor is a big part of it," Dickson stresses. "Even with people using a backyard birdfeeder, we usually stress that you make sure you keep that area clean and wash your bird feeders."

The Young's Pond Commission put up signs to ward people against feeding the wildlife—a move DEEP suggests all pond commissions make. Proposed signs include a list of the dangers associated with regular feedings.

Some say that feeding wild birds seeds or corn is a better alternative to bread and crackers, but Dickson says the best option is to not feed them at all.

"It creates too many problems," she says.

For more information, visit www.ct.gov/deep. | K.H. |

From Smuggling to Sanctuary

YOUNG DIAMONDBACK TERRAPIN TURTLES FIND SALVATION FROM A SOUP POT IN STAMFORD.

The smugglers flew to the Ted Stevens Anchorage International Airport in Alaska. They arrived from an undisclosed location in the U.S. to board a connecting flight to China. Hidden within their luggage were boots stuffed with valuable contraband, but it wasn't drugs, weapons or other items we'd expect. Instead the boots were stuffed with ingredients—soup ingredients.

Inside those boots were 211 living baby turtles that had little air and no room to move. Most belonged to various rare species that are protected from poaching and illegal export. Among the turtles were dozens of diamondback terrapins, a type of endangered turtle that is indigenous to the areas around Long Island Sound and most of the Eastern seaboard.

The turtles were en route to China where the young reptiles are a sought-after commodity commonly used in soup and for traditional medicines, and where some types can sell for more than $1,000 per animal.

When authorities discovered the smuggling attempt, the turtles were confiscated and an urgent request for assistance was placed by the U.S. Fish and Wildlife Service Office for organizations to come forward to properly provide sanctuary for the various species of turtles. SoundWaters Coastal Education Center in Stamford offered to help with the diamondback terrapins.

The turtles did not escape the ordeal unscathed—most were badly dehydrated and about half died. Only 22 terrapins made it to Stamford; other surviving turtles from different species were sent to other public institutions in multiple states.

The terrapins arrived in Connecticut in late December. The tiny hatchlings were only a few months old and had endured so much that there was not a lot of optimism about their recovery. Leigh Shemitz, president of SoundWaters and a scientist who has studied terrapins intensely, was blunt in her assessment of the turtles' fate. "We thought we'd have a lot die off," she says.

Turtles in general and diamondback terrapin in particular have been in danger of dying off for generations. Because of their long life spans (terrapins can live up to 40 years) and slow maturity rate (it takes 5 to 8 years to reach sexual maturity), turtle populations are more easily decimated than populations of other animals. Due to purely natural causes, many turtles don't survive long enough to start breeding. "Their life cycle is dependent on long living," Shemitz explains.

Terrapins in Connecticut and surrounding areas were hunted almost to extinction in the early 1900s. In recent years they've started to make a comeback, though they're hard to spot in the wild (they are small and blend in incredibly well with their surroundings). Researchers from SoundWaters have found their nests and seen signs of their return to the area.

But now these turtles here are facing an increasing threat from international smuggling. The turtle population in China and much of Asia has been depleted, leading to a growing and dangerous black market for the animals. "When an adult turtle is taken from the wild, even a few of them, it will really decimate a population," Shemitz says.

The problem is compounded because it's not just "a few of them" that are being smuggled; it's tens of thousands and possibly more. Prior to the Alaska smuggling bust, a Detroit man was arrested for trying to smuggle dozens of turtles into Canada and later accused of running an ongoing turtle-smuggling ring.

"Turtles are under tremendous stress worldwide," Shemitz says. "There really is a global crisis in animal theft, smuggling from the wild."

As unappetizing as it might sound, turtle soup was once a popular delicacy in the U.S., and it was widespread craving for it that led to the near extinction of the species last century. Thanks to state and federal environmental regulations, terrapins are now protected. In fact, according to turtle lore, Manhattan clam chowder was invented by a fancy New York restaurant as an alternative to turtle soup as the main ingredient became more scarce.

Though it was likely soup-related, no one is sure exactly what the immediate plans were for the turtles had the Alaska smuggling attempt not been foiled. "It's not clear if they were going directly for soup, or food, or pharmaceutical, or if they were going to be part of a farm, but they were not going to end up in a happy, sustainable life—that's for sure," Shemitz says.

A far different welcome awaited the 22 turtles once they arrived in Connecticut.

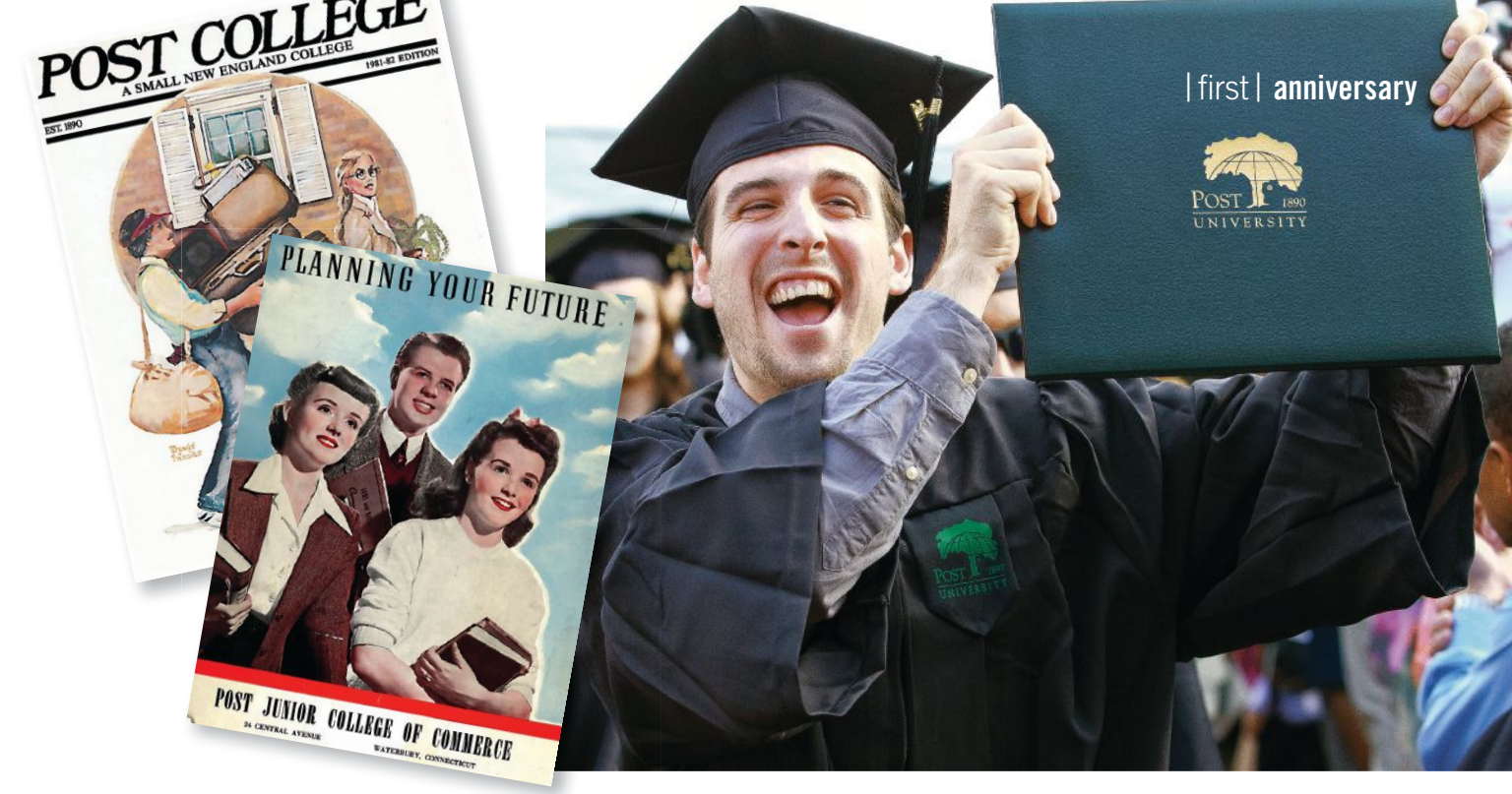
Prior to arrival, SoundWaters set up an intensive-care nursery for the fragile creatures, and now, staff and interns take meticulous care of the terrapins, recording each animal's weight, food intake, medications, etc., on a daily basis. The turtles are also given time to swim in both fresh and salt water, which they need. Staff members even brought turtles home during the late January blizzard, in case of power outages on Cove Island, where SoundWaters is located.

Thanks to this tender care, the young turtles fared better than expected. "They all survived, which surprised us," Shemitz says.

The turtles cannot legally be released into the wild because no one knows exactly where they come from and they could introduce new diseases and throw off the ecosystem. Instead, they will remain at SoundWaters and will be studied throughout their life cycle, which will provide a rare opportunity for researchers to learn more about these animals, as they are difficult to find or study in the wild. The public will also be able to view the turtles during education events starting at some point in the late spring.

If the turtles remain healthy, they'll be living in Connecticut for decades to come. It's an unlikely, but happy, end to a journey that was supposed to lead to a soup pot in China.

"The whole staff here feels incredibly fortunate to have the opportunity to be part of rescuing these animals," Shemitz says. "They're incredible creatures and there's so much that can go wrong in their environment, but this kind of rescue and rehabilitation is a wonderfully positive experience for the team here. We look forward to sharing that with students in the months and years to come." | E.O. |



Post Celebrates 125 Years

THE WATERBURY INSTITUTION MARKS ITS ANNIVERSARY WITH SPECIAL EVENTS AND MORE.

Jay Alix founded the global business advisory firm AlixPartners in 1981, and there's hardly a superlative impressive enough to describe its reach and results. AlixPartners has played a lead role in the restructurings of Enron and Kmart, for example, and Forbes has declared that Alix, "one of the most respected experts on corporate bankruptcy in America," was the "architect" of the plan that saved General Motors.

It's no surprise that Alix completed the YPO/Advanced Management Program at the Harvard Business School, and holds an MBA in Accounting from Rutgers University and a Bachelor's Degree in Finance from the Wharton School at the University of Pennsylvania.

What is a surprise is the location of the classrooms where Alix's ascendance began. That's a Connecticut story that gets to the heart of what Post University in Waterbury is celebrating as it marks its 125th anniversary with a gala in April and related events.

Alix received an Associate's Degree from Post, founded in 1890 as the Matoon Shorthand School, offering typing and bookkeeping, and still known for educating leaders in business.

Post is celebrating its success and heritage with a lecture series, an exhibit of student and faculty art, and most notably, the creation of a hall of fame "to recognize and honor Post University alumni, past and present faculty and staff, and friends of the university who have supported Post in its mission."

Nominations were accepted, and evaluated by a committee, with 55 nominees considered and 12 selected for induction (See the list at right).

The achievements of the inaugural hall of fame members will be celebrated in a gala April 9 at The Aqua Turf Club in Plantsville, with an open bar, dinner, dessert buffet, entertainment, a silent auction and a champagne toast. Tickets are $75, and $650 per table of 10. Funds raised will go to the Malcolm Baldrige School of Business Scholarship Fund established through the Connecticut Community Foundation.

"In order to be around for the next 125 years, we're going to need to redouble our commitment to providing access to quality higher education in a way that fits people's lives," says Post University President and Founding Dean of the Malcolm Baldrige School of Business, Don Mroz, Ph.D. "So, in addition to ensuring that our campus continues to meet the needs of traditional college-aged students and their future employers, we're also focused on creating even richer, more interactive and engaging online learning opportunities for the growing population of adult learners who want to continue their educations while balancing careers, families, and other responsibilities."

Post, which has a main campus student population of around 800—but more than 10,000 students studying through the online Education Institute at any given time—is located on 58 acres outside of downtown Waterbury.

Lectures in the 125th anniversary series continue April 7 and 21—call (203) 591-7360 for information. The art show continues at the Mattatuck Museum through April 19; *(post.edu/125thCelebration/artshow.html)*

For more info, visit post.edu. | D.P.C. |

The Inaugural Hall of Fame

Alumni:

Jay Alix / Associate's Degree

Daniel Kusaila / Bachelor of Science, Accounting

Rep. Selim Noujaim / Bachelor of Science in Banking and Finance, Adjunct Faculty, Board of Trustees, Distinguished Alumni Award, Honorary Doctoral Degree

Faculty/Staff:

Phyllis C. DeLeo, Ph.D. / Former President, Academic Vice President, and Dean of School of Arts and Sciences

Harold Harlow / Former President

Harold C. Post and The Post Family (Harold C. Post, Harold B. Post, Donald J. Post, Sr., Donald J. Post, Jr., Gary W. Post) / Founder and Administrators

Tom Samph, Ph.D. / Current C.E.O., Former President, Board of Trustees

Friends of Post:

Malcolm Baldrige / Board of Trustees

John P. Burke / Board of Trustees, Board of Teikyo Post College Foundation

Atty. Timothy C. Moynahan / Advisory Board, Law Library Donor

Harold Webster Smith / Board of Trustees

Rose Traurig / Board of Trustees, Honorary Degree

From top, clockwise, 2014 MOD events: A walk at Quassy Amusement Park; the Fairfield March for Babies at Jennings Beach; Signature Chefs Auction with (l-r) lead chef Mario Cirikovic, emcee Irene O'Connor of WFSB, chairperson Janice England-Cirikovic and emcee Scot Haney of WFSB; the inaugural 5K Run for Babies at Rentschler Field.

Michael and Elizabeth Kitselman celebrate the first birthday of daughter Mackenzie—who was born 10 weeks premature and spent 35 days in the neonatal intensive care—during the March of Dimes annual Signature Chefs Auction.

|community|

BY KATE HARTMAN

THE ORGANIZATION: March of Dimes

THE STORY: The March of Dimes helps babies. It's a simple focus but one with broad implications.

The organization is more than just the annual walk or the collection of dimes (though both continue to be important parts of fundraising). Every baby born in this country in the last 76 years has been impacted by the March of Dimes—a proclamation that can't be made by any other organization.

The March of Dimes, then called The National Foundation for Infantile Paralysis, was established by Pres. Franklin Delano Roosevelt in 1938 to fight polio, and in doing so became the country's first public health organization. The effort helped discover the "safe, potent and effective" Salk polio vaccine just 17 years later. Polio was eradicated from the U.S. in 1979.

The organization then set out to tackle other issues affecting babies including birth defects, the benefits of folic acid and human milk. Today, the primary focus is premature birth—an issue that impacts a half million babies nationally each year, including 4,000 here in Connecticut.

"The prematurity campaign was launched in 2003, [because] the numbers kept going up," says Erin Jones, State Director of Program Services, Advocacy and Government Affairs. "The question was 'Why'? Sometimes there is an answer like obesity, infection, stress, hypertension or smoking. [Prematurity] affects people across all socioeconomic backgrounds and races."

With so much uncertainty, the March of Dimes focused on an area where a swift impact was possible—late-term babies who end up in the NICU because of scheduled C-sections.

"A lot of development happens from 36 to 40 weeks," says Leigh-Anne Lefurge, State Director of Communications. "These are babies who shouldn't be in the NICU."

"Every hospital [in the state] has instituted a hard-stop policy," says Jones. "If [mothers] are not 39 weeks and medically indicated, the OR is not open. We want to educate mom about why it's not okay to take the baby out at 37 weeks."

Since implementing the 39-week initiative, also known as "Healthy Babies are Worth the Wait," there has been a significant decrease in premature births.

It's the latest success in the organization's long line of triumphs, which includes newborn screenings that test for 29 disorders nationally and 42 disorders in Connecticut, cystic fibrosis and congenital heart disease among them.

"Everyone is touched by what we do. I think it is an eye-opener for people," says Jones. "If we weren't in existence, what would health care look like? I don't even know."

The successes are made possible through extensive research. In 2014, $1.6 million funded national research grants in Connecticut at Yale University and its School of Medicine.

March for Babies has been the organization's largest fundraiser since the 1970s. This year, seven different walks will take place around the state in late April and early May.

marchofdimes.org/connecticut

If you have an organization with an event that you'd like us to consider for the Community page, please send the details to khartman@connecticutmag.com

PHOTOS (CLOCKWISE FROM TOP LEFT): PROVIDED BY MARCH OF DIMES; ALERS PRODUCTIONS; K. ZWICK PHOTOGRAPHY; PROVIDED BY CIGNA; TIM CHOOMACK

For more information, see page 150

For more than five generations, St. Vincent's physicians have been providing comprehensive care—in mind, body and spirit—using preventative medicine programs and the latest innovative technology. Whatever your needs, we'll always be here for you.

gentler hands / SHARPER MINDS

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Mystic Seaport

Mystic Country

By MICHELLE BODAK ACRI

It's a Spring Thing

Let's be honest: This winter was a tough one. One of the toughest we can remember. There were days—such long, sad, days—that we truly thought we'd never see green grass again. Flowers—pshaw, what are those? Want a warm breeze? Turn up the heat.

Well, guess what? We made it! That over there, dear friends, is grass, beautiful grass, beginning to green up. Those are daffodils nodding their golden heads over the promise of things to come. That big ol' yellow thing way up high in the sky? We call that the sun—and it is shining on down! Time to raise the windows, throw open the door and head out to where the skies are blue and the possibilities endless. Come, join us here in Mystic Country.

Feather your nest

A bowerbird (native to Australia) is known for constructing elaborate nests from twigs, leaves and moss, and then decorating its cozy digs with snazzy baubles—everything from bright berries and feathers to shells and shiny bits of aluminum. **The Bowerbird** (native to Old Lyme—860/434-3562, thebowerbird.com) is all about supplying the same for human-sized "nests."

This Mystic Country landmark, celebrating its 26th year (!) in business in 2015, specializes in what the friendly folk here like to call "impulsive necessities"—some 4,500 square feet of them as a matter of fact. We're talking anything and everything: gadgets for your kitchen and gizmos for your pet, jewelry, the entire Vera Bradley collection, baby gifts, gourmet goodies, greeting cards from more than 60 companies, a custom stationery department, skin care, books, garden accessories—phew! Seriously: more than 2,000 vendors are represented here.

To get your nest in shape for spring: A hand-blown Sapphire Sea glass vase to have at the ready for fresh blooms from the garden; a Boutanique Venetian Petal Mirror with decorative transferware glass; a Tree of Life pillow with happy members of the animal world embroidered on 100-percent linen or perhaps a cheery rug depicting sandpipers frolicking seaside.

Then there's a hand-glazed River's Edge Firepot or Soji Silk Effects solar-powered lantern to cast a shimmering glow. A cast-iron garden spindle to hold the twine you'll be looking for as you tend the garden. A delicate, glass hummingbird feeder for the tiniest of visitors. And, of course, *Gardening for the Birds*, to help you create a landscape bound to attract the feathered friends whose songs you've been waiting all winter to hear.

What's happenin

April is action-packed at **Mohegan Sun** (888/226-7711, mohegansun.com). Feeling the yen to do a little traveling? Thrill-seekers are invited to come be a part of the "Amazing Race" Casting Call and "Amazing Race" Reality Check with Natalie and Nadiya Anderson at The Shops at Mohegan Sun on April 8. Miranda Lambert takes over the Mohegan Sun Arena on April 11 and you can work out with Shaun T, creator of INSANITY®, in the Uncas Ballroom on April 12. It's professional lacrosse with the Black Wolves versus the Vancouver Stealth at the Arena on April 12, comedian Kevin Hart on April 18, Kenny Chesney on April 24 and April 25 (swoon!) and, ahem, Chippendales at The Cabaret Theatre on April 24.

In May, the Arena is on fire with Seth Meyers on May 2, Paramore on May 9, Godsmack on May 10, Earth, Wind & Fire on May 21, Ed Sheeran on May 23 and The Who on May 24.

Hungry? Buddy Valastro, star of the hit TLC series "Cake Boss" and "Next Great Baker," will open a Carlo's Bakery location (his ninth) at Mohegan Sun this spring. Look for the bakery in the Winter section of Casino of the Earth and expect the same yummy Italian pastries and specialty cakes that originated in Hoboken.

Also on the horizon: Sticks & Stones, a "dipping grille" that encourages you to play with your food. Ultra-fresh steaks, seafood and locally sourced vegetables to dip fondue-style into broths, sauces and gourmet cheeses, all with a paired lineup of wines. And a chic, post-modern industrial décor? Yes, please.

Hotel packages to check out for spring include "The Spa Special" for a one-night stay and $100 credit to Elemis Spa; "The Supreme Dining Special" that combines a one-night stay and $100 toward BALLO, Bobby Flay's Bar Americain, Michael Jordan's Steakhouse or Todd English's Tuscany; and the "Treehouse Comedy Productions Hotel Package" for an overnight stay, two tickets for a Treehouse Comedy production and a $25 food and beverage credit.

Better news yet: In early March, Mohegan Sun announced plans to add a second hotel to its entertainment metropolis. The seven-story, 400-

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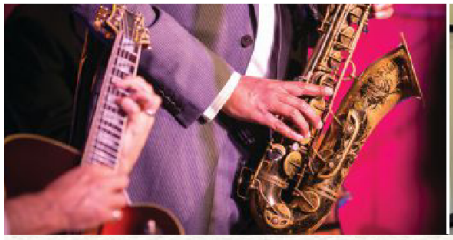

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room Earth Hotel is slated for completion in fall 2016.

To the point

Find yourself in dire need of a spring break? **The Saybrook Point Inn & Spa** (860/395-3245, saybrook.com) has got it covered. The landmark Inn, ideally situated where the Connecticut River meets Long Island Sound in Old Saybrook, has a Spring Break Family Vacation package available between April 5 and April 16 that includes overnight accommodations (and that all-important access to year-round indoor and outdoor heated saltwater pools), a bottle of house wine for Mom and Dad, cookies and milk for the kids, passes to Mystic Aquarium, and breakfast at Fresh Salt, where those under 12 eat for free. (Prices start at $367.)

The eco-friendly inn, a proud Certified Green Hotel, celebrates Ecotourism Month in April with an Ecotourism Package, available April 11 through April 25, that includes an overnight stay, bottle of wine, dinner for two at Fresh Salt, which features a special ecofriendly menu (think grass-fed beef, local oyster bisque and all manner of fresh, seasonal, locally grown foods), breakfast for two, and two tickets to the spectacular RiverQuest Eagle Cruise. (The package starts at $419.)

Three Stories, an eight-room, historic guest house located just across the street from the main facility, is the newest addition to the inn. Originally built in 1892, this ornate guest house has been completely restored and features water views. A spring room rate special of $199 (including breakfast) is available on select dates in April.

Finally, a Mother's Day Package, available May 9 and 10, includes an overnight stay, bottle of wine, $200 per person spa credit at Sanno, the inn's full-service European spa (where an oh-so-relaxing Sanno Swedish massage sounds just about right), and a horse-and-carriage ride along the point, as well as Mother's Day Brunch on Sunday morning.

Say, "Arrr."

Have any would-be buccaneers in your midst? April 14 and 15 are "Pirate Days" at **Mystic Seaport** (860/572-0711, mysticseaport.org), Museum of America and the Sea. The swashbucklin' activities for these most popular of April vacation-week days include everything from deciphering clues on a pirate map in order to find hidden treasure and "walking the plank," to games like "Pin the Patch on the Pirate" and a special High Seas planetarium show. There will even be kid-friendly pirates roaming museum grounds seeking introductions and shiver-me-timbers photo ops.

From pirates to pilgrims: This spring, seaport visitors have the unique opportunity to see Plimoth Plantation's historic ship *Mayflower II* while she undergoes restoration at the shipyard. The 57-year-old ship is a full-scale replica of the original *Mayflower* that transported the Pilgrims to Massachusetts in 1620. The mighty vessel is

undergoing a multiyear restoration at Mystic Seaport and will be spending winter and spring at the museum and returning to Plymouth in the summer and fall.

More key dates: Educators' Weekend, which offers free admission for educators and their families (up to four people with teacher ID), is April 18 and 19. The Modern Marine Masters Exhibition and Sale opens May 17 at the Maritime Gallery. A brand-new Salute to Summer will kick off May 23 and 24 with activities like 19th-century baseball, whaleboat rowing, old-fashioned ice cream churning and relay races, while on May 26 the museum pays tribute to fallen Civil War soldiers with a memorial service, a laying of a wreath on the Mystic River and the chance for visitors to interact with 1876 role players. Finally, it's Safety on Sea and Shore Weekend May 30 and 31, when admission is free for all first-responder personnel.

"They're two, they're four, they're six, they're eight…"

Everyone's favorite tank engine, none other than Thomas himself, returns to **Essex Steam Train and Riverboat** (800/377-3987, essexsteamtrain.com) for three action-packed weekends in 2015: April 18, 25-26 and May 2-3. The larger-than-life "Day Out with Thomas: The Celebration Tour 2015" invites everyone aboard for an interactive ride through the Connecticut River Valley on a 15-ton replica of Thomas the Tank Engine. New for 2015: Thomas's pal Percy journeys to Essex Station to keep Thomas and Sir Topham Hatt company.

There will also be carnival rides, face-painting with Day Out with Thomas characters, Isle of Sodor storytelling, a Thomas the Tank Engine video theater, a magic show, Caboose the Clown, food vendors and, yes, a special Day Out with Thomas gift shop with exclusive clothing, toys and collectibles.

P.S. The steam train and riverboat officially resumes its seasonal journeys the weekend of May 9 and 10, which is Neighbor Appreciation Weekend, when for residents in the five towns along the Valley Railroad's operating line—Essex, Deep River, Chester, Haddam and Old Saybrook—ride for free.

Inn love

The building that now houses the **Old Lyme Inn** (860/434-2600, oldlymeinn.com) was constructed circa 1856 by the Champlain family and was the center of a 300-acre working farm. In fact, at the turn of the century, many of Old Lyme's famous Impressionist artists hauled their painting wagons into the fields and woodlands of the farm and used its barn as a studio.

Each of the 13 guest rooms here have been fully restored so that new (flat-screen televisions, gas fireplaces and organic linens) and old (antique furniture original to the inn and local artwork) mix nicely. To consider: Room Three, bright and beautifully adorned with floral fabrics that mimic springtime in Old Lyme.

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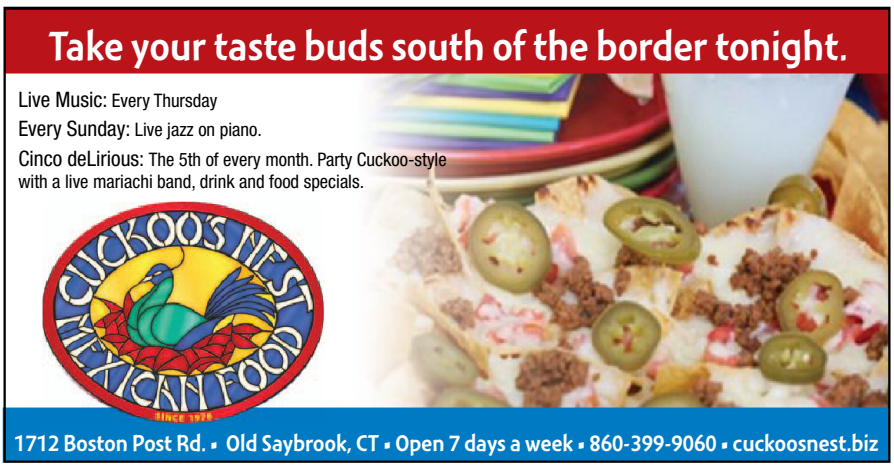
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At the restaurant, menus change seasonally in order to encompass locally sourced produce, meats and seafood, and dishes run the gamut from traditional selections to unique options that the folks here like to think will "challenge the way you think about food." Options at Sunday brunch (Easter is April 5!) may include lobster eggs Benedict with butter-poached lobster, asparagus, Hollandaise and home fries, or malted silver-dollar pancakes with fresh berries. As for dinner, think along the lines of grilled sea scallops with creamy Asiago risotto or lush pan-seared, peppercorn-encrusted filet mignon au poivre with brandy cream sauce.

Later on, check out what's doin' at the inn's SideDoor Jazz Club. April dates include: The Ralph Peterson Sextet with Sean Jones, Marcus Strickland, Luques and Zaccai Curtis, and Hailey Niswanger on April 3; the Donald Harrison Quintet on April 4; the Bucky Pizzarelli and Ed Laub Duo on April 10; the Kevin Hays Trio on April 11; Josh Johnson and Holophonor on April 17; the Steve Carrington Quartet with Curtis Lundy, Anthony Wonsey and Winard Harpe on April 18; the Tom Tallitsch Sextet on April 24; and, to finish off the busy month, Marc Cary's "Rhodes Ahead Vol. 2" CD Release on April 25.

¡Arriba, abajo, al centro y adentro!

Yes, Cinco de Mayo is coming up muy pronto, but there's really no need to wait: things get "Cinco delirious" on the fifth of every month at the **Cuckoo's Nest** (860/399-9060, cuckoosnest.biz) in Old Saybrook with drink and food specials, crowd-pleasing contests and a live mariachi band. But wait: There's also live music from local acoustic performers every Thursday and live jazz on the piano every Sunday—oh yes, the folks here do know how to throw a fiesta.

As for those folks: Two years ago this month, 36 years after first opening its doors, Cuckoo's Nest was turned over to new owners Heather Emanuelson and Edmilson Souza. Were the locals worried that the landmark to Mexican food, set in a 200-year-old cattle barn once part of the Chalker Beach Homestead, would lose some of its, well, *local* flavor in the process? Not one bit.

Heather Emanuelson started as a waitress at the **Cuckoo's Nest** in 1998, and in the 15-plus years since has held the positions of bartender, hostess and manager. Edmilson (Eddie) Souza came on board in 1994 as a dishwasher, and worked his way up the kitchen ranks to become executive chef. In other words: these two know this place inside and out. New life has been brought in, but a respect for tradition remains—including the farm-worn New England collectibles and colorful artifacts from south of the border that combine to create a much-loved, albeit somewhat "cuckoo" atmosphere.

But what's to eat? "Mexskins" fried potato skins loaded with spiced beef or vegetables, Cajun-style catfish fingers, Napa Valley avocado chicken salad, Cajun prime rib and, but of course, enchiladas and chimichangas, burritos and fajitas, tacos and tamales—yum!

"Oh, waiter, a pitcher of sangria, please."

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MAKE NEW FRIENDS

Elmo, Grover, Abby Cadabby and the whole gang are welcoming a new friend to Sesame Street in *Sesame Street Live: Make a New Friend*. When Grover's friend Chamki visits from India, everyone learns about the importance of friendship and acceptance of different cultures. The Sesame Street friends will make five appearances at the Oakdale Theatre in Wallingford over the weekend of April 18-19.

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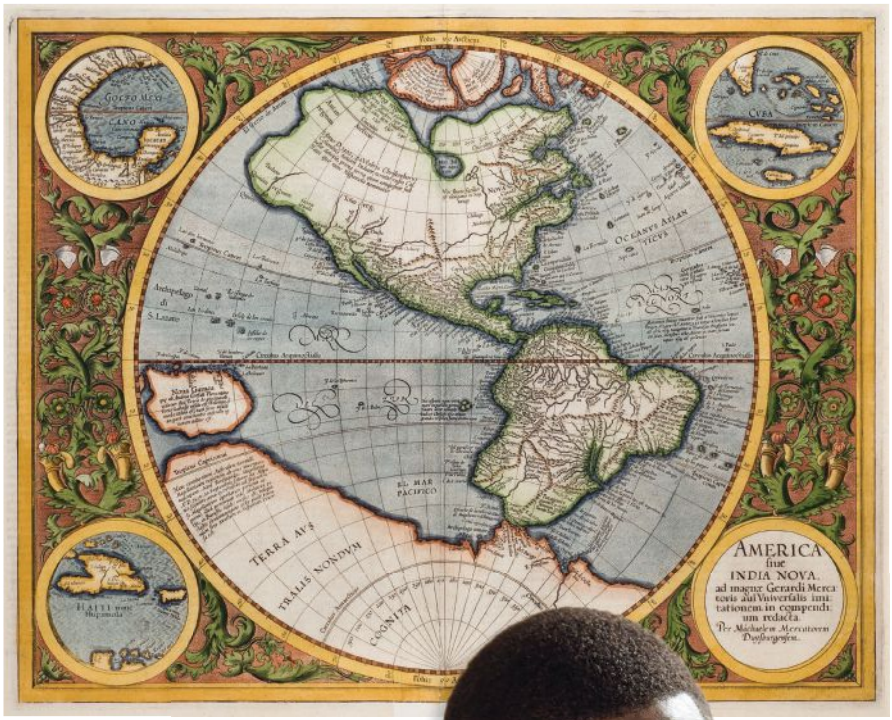
See April 2015 calendar listings at connecticutmag.com/calendar

A WHOLE "NEW WORLD"

Featuring more than 30 European-made maps from 1511-1757—some engravings are still marked with the original hand-applied color—***(Re)Discovering the "New World"*** takes the viewer inside the experience of discovering the "New World." The exhibit, a study on the incredible geographic and human progress that has been made, runs through May 31 at Greenwich's Bruce Museum. *(203) 869-0376, brucemuseum.org.*



PHOTOGRAPH BY PAUL MUTINO

COURTESY OF MYSTIC SEAPORT

AHOY, MATEY!

Family fun takes to the high seas during Mystic Seaport's **Pirate Days**. Use a map to search for treasure, learn how to navigate the ocean at the High Seas Planetarium Show and create souvenirs. Don't forget to Walk the Plank, Pin the Patch on the Pirate and participate in other games on April 14-15. *(860) 572-5331, mysticseaport.org*

A GUIDING LIGHT

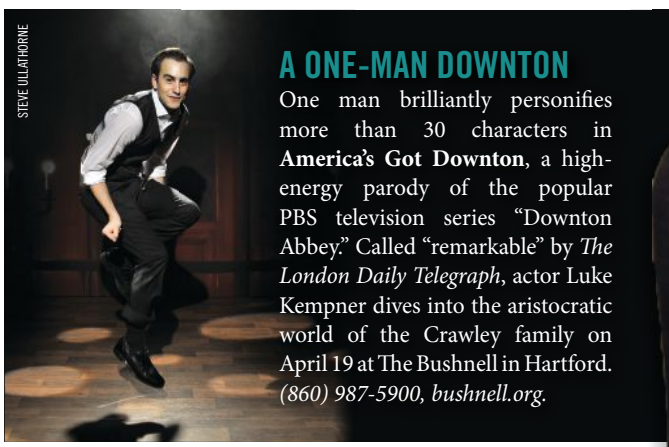
The ensemble of the **Judy Dworin Performance Project** brings to life a fable about a lighthouse, its keeper and shipwrecked survivors as part of its 25th anniversary season. On April 2, "Resounding Images," a retrospective of the performance project, opens at the Pump House Gallery in Bushnell Park while performances of "Lighthouse" take place on April 17-18 at the Wadsworth Atheneum. *(860) 527-9800, judydworin.org.*

GROWN LITTLE MAN

Mohegan Sun Resort and Casino welcomes comedian and actor **Kevin Hart** for a night of laughs with his latest show "What Now" April 18 at the Arena. Expect comedy that is often loud, sometimes angry, deeply personal and always hysterical. *(888) 226-7711, mohegansun.com.*

FAST TRACK

The rubber hits the road April 24-25 at the Thompson Speedway Motorsports Park's **Icebreaker, Road Race Style**. It's the first opportunity to race this season and featured divisions include NASCAR Whelen Modified Tour, Granite State Pro Stock Series, NEMA Lites, Lite Modifieds, New England Truck Series and Vintage Outlaws. *(860) 923-2280, thompsonspeedway.com.*



STEVE ULLATHORNE

A ONE-MAN DOWNTON

One man brilliantly personifies more than 30 characters in **America's Got Downton**, a high-energy parody of the popular PBS television series "Downton Abbey." Called "remarkable" by *The London Daily Telegraph*, actor Luke Kempner dives into the aristocratic world of the Crawley family on April 19 at The Bushnell in Hartford. *(860) 987-5900, bushnell.org.*

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Kerry (left) is passionate about offering the freshest local organic produce to our customers. As our produce manager she works closely with local farmers like Dave and Laura (right) at Riverbank Farm who share her passion. Riverbank has been providing New Morning with high quality, sustainably grown organic produce since the farm was established in 1991. Together, we have partnered on our mission to build a healthy, sustainable local food community.

Riverbank Farm is certified organic and Dave and Laura, who have degrees in economics and environmental studies, run an apprenticeship program training a new crop of farmers that in turn, helps them provide New Morning with produce year round.

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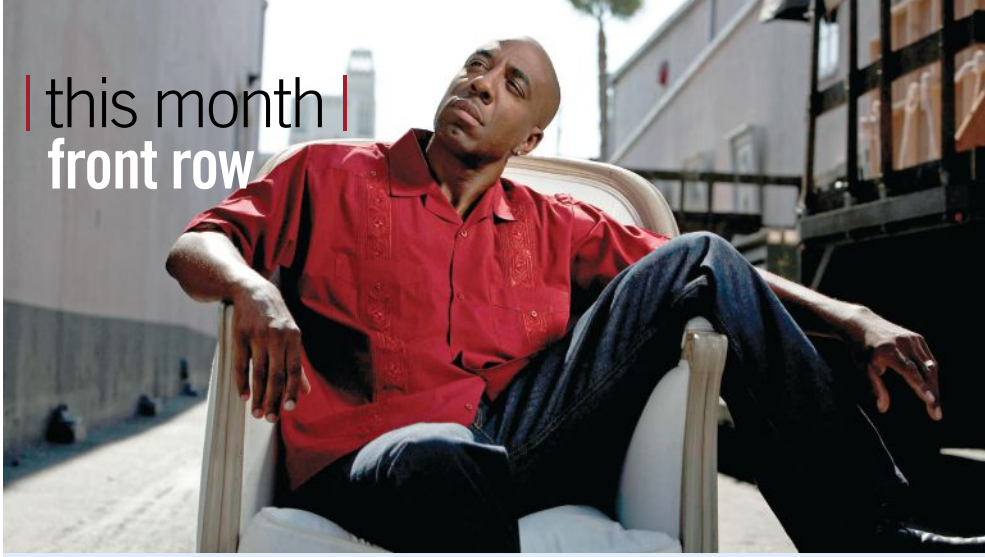

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COMIX PRESENTS J.B. SMOOVE

APRIL 11 | 9:30 PM
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Actor, writer and stand-up comedian **J.B. Smoove** has been in movies, comedy specials, TV shows from "Curb Your Enthusiasm" to "The Millers," and seemingly on every late-night talk show. "Four Courses with J.B. Smoove" just finished its third season and the loquacious funnyman will host the next season of "Last Comic Standing."

Smoove comes to the Fox Theater at Foxwoods for a night of stand-up comedy on April 11.

You're always working—TV, movies, live performances—how do you keep it all straight?

It seems like I'm doing a lot at one time, but the reality is that I'm doing it in phases but it just happens that it comes out at the same time. So it seems like I'm everywhere. Now don't get me wrong—I *am* everywhere. People always say to me, "J.B., you are everywhere." But then I thought to myself, "You know what? If I wasn't everywhere, people would say, 'J.B., where you been?'" So who am I to sit here and not be everywhere when people expect it? Who does that commercial, "It's everywhere you need to be"? VISA? They need to give me a call. I use their card, right? And I'm everywhere, so why wouldn't you give me a commercial? I could make VISA my nickname. "J.B. Smoove, the VISA of comedy." It's kind of catchy.

Do you have a favorite casino game?

I'm not a big-time gambler. Here's what I do: I put a certain amount of money in one pocket, and a certain amount in another pocket, and I have gambling money and I have emergency money. So I get five $20 bills because that's my limit. I'm a slot-machine guy—I don't know how to play any card games. I walk around all day looking for the perfect slot, and then I look the machine in the eyes and say, "Look, we're going to both leave here even steven." That's my process. If I keep breaking even, I feel like I'm holding on to my $100. Every time I win, the money that comes out, I take the coins, I cash out beyond my original $20, and then I put a new $20 bill in the machine. It's still me sitting there, but sometimes the machine—I don't know how it's rigged up—I change my voice. I drop it down low and pretend that I'm someone else or I'll go high and pretend that I'm an older person or a white person or someone from another country, that way the machine thinks I'm someone different.

What keeps drawing you back to performing live?

I think it's being in the moment with people. I kind of use stand-up as my checkpoint. It's like NASCAR racing. You know, how you drive around the track a few times, and then you pull over to get gas and check all your stuff to make sure you have everything to finish the damn race in good shape? I always thought of stand-up as that checkpoint—I can check with people, see how they're doing, they can see how I'm doing and have a great time. It allows me to keep going, to know that people still love me, it allows me to be relevant and make sure I still have the ability to connect with the common man. I'm kind of like a power strip. Yeah, a power strip! People plug into me and I keep them going!

Where do you find all your energy and enthusiasm?

My wife is a vegetarian, which means that I'm a part-time vegetarian, full-time carnivore. I still eat meat, but when I'm home, she makes vegetarian meals. When I'm out, I eat buffalo wings, bisons, beef stroganoffs—I'm a big stroganoff person. So it's a balance. And I do love to see people have a good time. We're on this planet for a certain amount of time, and I want you to have a good time. I want you to leave here, repeat these jokes and talk about these things in your life because I feel like I'm not only telling jokes, I'm giving good solid advice. I'm coming to help your ass out!

What's the best advice you've gotten?

Always be yourself. Always give people the honest version of you, only talk about what you know about—that's always been my mantra. I feel like that there's certain things I know about, and as silly as the topics may be, I'm making stupid sense of it all. I feel like comedians, we find a way to absorb the world and things that are going on in our lives and your life, and we process it, and we give it back to you in a manageable form. That's what the job of a comedian is, to take the top off the most stressful situations. That's what I'm here for . . . and I'm everywhere! | R.B. |

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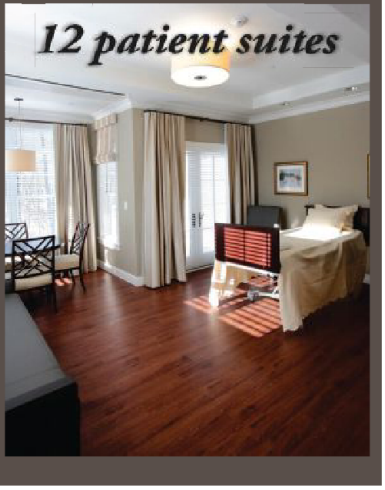

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Michael Ebright

*As published by Connecticut Magazine, April 2015.

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For more information, see page 150

Full Goodspeed Ahead!

The British lyricist and author Tim Rice—whose collaborations with Andrew Lloyd Webber include *Evita* and *Jesus Christ Superstar*—discussed the status of musicals with *The Telegraph* newspaper in September 2013, and said in part, "The appetite for [a] night out in the company of an epic story set to memorable, hummable music shows no sign of abating."

If anything the appetite is growing, and with good reason—but there's no need to travel to London's West End or Broadway to see the best in big, bold, tuneful entertainment.

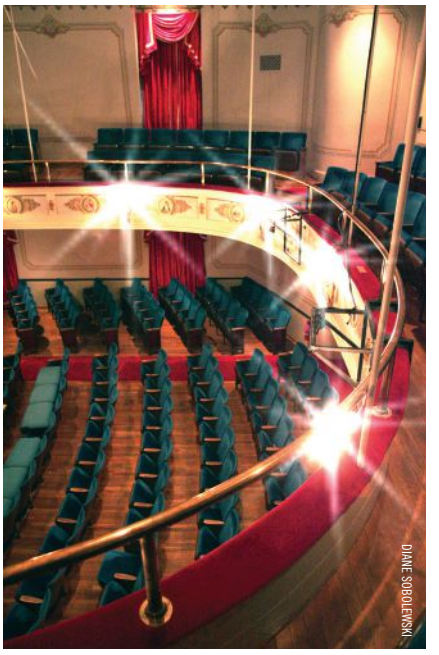
Staging first-rate musicals with Broadway-caliber talent is the mission of Goodspeed Musicals at the Goodspeed Opera House on the Connecticut River in East Haddam, and its 2015 season, which begins in April, looks outstanding.

It opens April 10 to June 20 with a classic, *Guys and Dolls*, which features one of the best songs in the repertoire, "Luck Be a Lady." As the press material explains, "Times Square's most colorful characters make their first appearance at Goodspeed in a brassy new staging of the American musical comedy classic. The bet of a lifetime puts a hard-boiled gambler in the arms of a Save-a-Soul mission worker in the neon-kissed valentine to the saints and sinners of New York. The alleys echo with the swinging sound of 'Sit Down, You're Rockin' the Boat,' 'A Bushel and a Peck,' 'If I Were a Bell' and more."

Here's a partial snapshot of the casting that was recently announced: Sky Masterson will be played by Anthony Roach, who recently appeared in Connecticut in Darko Tresnjak's critically acclaimed production of *Hamlet* at Hartford Stage. Nancy Anderson from Goodspeed's *By Jeeves, Fanny Hill, Dorian*, and most recently *City of Angels*, will play Miss Adelaide. Nathan Detroit will be played by Mark Price, who returns to Goodspeed where he previously played Dennis in *All Shook Up*.

Following *Guys and Dolls* at the two-time Tony Award-winning Goodspeed Musicals is ever-popular *La Cage aux Folles*, which runs June 26 to Sept. 6, and in which "the Riviera's most delicious drag nightclub bursts to life."

Then, a holiday classic closes out the season. *A Wonderful Life*, a magical musical adapted from Frank Capra's beloved film *It's a Wonderful Life*, makes it Goodspeed premiere on Sept 18 and runs through Nov. 29. The production features book and lyrics by Tony, Grammy and Pulitzer Prize winner Sheldon Harnick, with music from Grammy and Emmy Award winner Joe Raposo.


DIANE SOBOLEWSKA

The 2015 season has another bit of excitement; it's being presented under the leadership of a new executive director, Michael Gennaro. He succeeds Michael Price, who retired at the end 2014 after his 46th season.

According to Goodspeed, Gennaro is well known as a highly successful leader of several of the most prominent theatrical institutions in America, including the Paper Mill Playhouse in New Jersey, Steppenwolf Theatre in Chicago and Trinity Repertory Theatre in Providence, Rhode Island, where he served as the executive director since 2007. He brings a unique personal story to Goodspeed Musicals and a lifetime of involvement in musical theater.

And that's still not all the exciting news. Three new musicals will be produced at Goodspeed's Norma Terris Theatre in Chester this season.

The Theory of Relativity, a 2014 Goodspeed Festival favorite, which is described as "*A Chorus Line* for Millennials" will run from May 7 to 31. *My Paris*, which brings the world and subjects of Toulouse-Lautrec's most famous works to life, runs from July 23 to Aug. 16. Finally, the compelling tale of a beauty pageant queen and a homeless man, *Indian Joe*, finishes the season with a run from Oct. 22 to Nov. 15.

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Blossom Festivals

The warmer weather is finally upon us and it's time to celebrate. There is no better way than by participating in the state's blossom season, which begins later this month with two great festivals.

The 37th Annual Meriden Daffodil Festival takes place from April 25-26, once again bringing visitors together for a weekend of flowers, food, fireworks and fun.

Amidst the more than 600,000 daffodils blooming in Meriden's Hubbard Park, upward of 3,000 people will march in "Daffodils on Parade," Little Miss Daffodil will be crowned and a carnival and a juried craft fair will keep the family entertained. Grab a bite at "Meriden's Silver Fork," a food tent featuring 50 vendors from community non-profits, and listen to live music by a number of great performers. Saturday's festivities will be capped with an impressive fireworks display. *daffodilfest.com*

That same weekend, the **42nd Annual Cherry Blossom Festival** takes over New Haven's Wooster Square. A pre-Cherry Blossom Concert kicks off the festivities on Saturday, April 25 and then the festival opens on Sunday, April 26 from noon to 5 p.m.

The event commemorates the planting of 72 Yoshino Japanese Cherry Blossom trees in 1973 by the New Haven Historic Commission in collaboration with the New Haven Parks Department and neighborhood residents. It has grown from a small neighborhood gathering to a major New Haven event that draws more than 6,000 visitors annually.

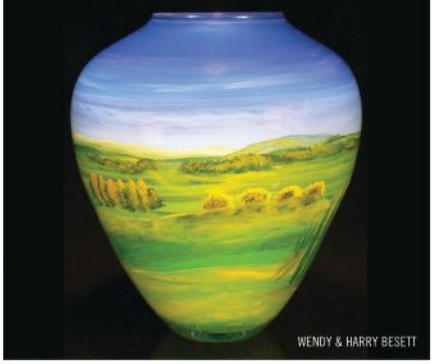
Entertainment on the festival stage will include the progressive rock band HAND, the swinging beats of Tuxedo Junction, St. Luke's Steel Drum Band and salsa music by Orquesta Momento Musical. Food will be provided by neighborhood cooks and local bakeries. There will be exhibits and activities for children, a raffle, a pet-friendly area and the planting of a new cherry tree. *historicwoostersquare.org*

The season continues with the **Greenfield Hill Congregational Church Dogwood Festival** in Fairfield on May 1-3. *greenfieldhillchurch.com* | K.H. |

WAVEBREAK MEDIA/THINKSTOCK

| this month | art

American Fine Craft Show



Connecticut knows about craft shows. Every spring, greens across the state fill with vendors selling everything from pottery to jewelry. Now, artists Richard and Joanna Rothbard are setting out to do something different in the state—something more high-end.

The **American Fine Craft Show,** hosted at the XL Center in Hartford on April 24-26, will showcase exclusive work in all media from more than 130 jury-selected American crafts artists from across the country.

Connecticut craftsmen will be amply represented, including fibers artist Wendy Neild of Watertown, ceramics artist Gerard Ferrari of Mansfield Center, glass artist Susan Lowenthal of Westport and mixed media artists Don Hart of Ledyard and Kari Lonning of Ridgefield.

Show curator Richard Rothbard, who is also an acclaimed artist and the owner of American Art Marketing, assures there will be a range of price points at the event but make no mistake, this is a high-end show.

"Most people, if they have the opportunity, they want to look at it, touch it, pick it up," Rothbard says of the shopping experience.

He has been curating quality craft fairs for decades and successfully put on a show at the Brooklyn Museum in November. The Hartford show will benefit the Costume & Textile Society of the Wadsworth Atheneum Museum of Art.

"The City of Hartford, with its appreciation for art and handmade crafts, is an ideal location for these talented artists to showcase their hard work and talent," says Rothbard. "Crafts are helping to raise money for art museums."

The event will begin with a preview party on Friday from 6 to 9 p.m. Admission is $50 and includes wine, refreshments and a $20 gift certificate to use at any booth. Ten percent of sales will support the Costume and Textile Society.

"The bigger picture for the community, it is an event that's coming to Hartford that's unlike any other," says Rothbard. "We're going to have a show that will command the respect and appreciation of people who like nice things."

artofamericancraft.com | K.H. |

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Coral "Power" Clutchette made of soft vegan leather has built-in USB cords to charge your phone on the go, with room for all your essentials. It's $49.99 at The Bowerbird, Old Lyme, 860/434-3562, *thebowerbird.com*.

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Spring Forward

Here's where to head for some fabulous finds and fun this season!

Clockwise from top left: Dog Watch Café (Water Street, Stonington); Lorca (Summer Street, Stamford); Brick + Wood (Route 1, Fairfield); Ted's Montana Grill (Promenade Shops, South Windsor); Saybrook Country Barn (Old Saybrook); Sarah Byrnes (Hopmeadow Street, Simsbury); Bleu Squid (Olde MIstick Village); Free People (Westfarms Mall, West Hartford); Yale University Art Gallery (New Haven).

Olde Mistick Village, Mystic

HIGHLIGHTS: A quaint, walkable outdoor shopping bonanza designed to evoke an 18th-century New England town, Olde Mistick Village features more than 35 local merchants (no big box retailers) offering clothing, footwear, toys, gourmet food items and gifts.
PLACE TO EAT: Mango's Wood Fired Pizza Co. was recently named one of the Best Pizza places in Connecticut.
ALONG THE WAY: Visit the beluga whales and penguins at Mystic Aquarium & Institute for Exploration right across the parking lot, or sail over to Mystic Seaport to discover the region's rich maritime history.
INSIDER'S TIP: Stop by the Bleu Squid for a sweet pick-me-up—it offers 70 different combinations of award-winning cupcakes, all baked fresh.
oldemistickvillage.com

The Shops at Saybrook Country Barn/Main Street, Old Saybrook

HIGHLIGHTS: The Shops at Saybrook Country Barn has grown from a home furnishings store to now include furniture showrooms, a women's boutique and a Martha Stewart furniture gallery. Main Street Old Saybrook offers apparel shops (North Cove Outfitters), jewelers, bookstores and more.
PLACE TO EAT: If you love fresh seafood, Liv's Oyster Bar serves simple, scrumptious and locally sourced dishes that change with the seasons.
ALONG THE WAY: Shopping and a show? We're big fans of The Kate, the performing arts center where upcoming events include Jane Monheit (4/11), Martha Davis and the Motels (4/16) and Peter Yarrow (4/24).
INSIDER'S TIP: For terrific burgers, dogs and wings, hop into Jack Rabbit's—and make sure to leave room for a shake!
saybrookcountrybarn.com; visitoldsaybrookct.com

West Hartford Center / Blue Back Square, West Hartford

HIGHLIGHTS: Since opening a few years ago, Blue Back Square has attracted fine retailers (Crate & Barrel, Lucy, Charming Charlie) as well as gift shops, bookstores and entertainment options. Adjacent West Hartford Center invites visitors to stroll over and explore an array of high-end boutiques, jewelry stores, home furnishing stores, gift shops and much more.
PLACE TO EAT: With more than 25 top-notch restaurants in this area of town, getting a bad meal is near impossible. How about Grant's Restaurant and Bar, where chef Billy Grant continues to delight diners with his inspired classic American fare.
ALONG THE WAY: Playhouse on Park offers a

DOG WATCH CAFE: DORRY CLAY; BRICK+WOOD: NOAH FECKS PHOTOGRAPHY; YALE: PHOTO COURTESY YALE UNIVERSITY ART GALLERY

full slate of plays, musicals, comedy, improv and children's shows. Oscar Wilde's *The Importance of Being Earnest* opens April 15 and runs through May 3.

INSIDER'S TIP: For seekers of authentic Mexican cuisine, the guacamole made in front of you tableside at Besito is the best around.

bluebacksquare.com,
thecenterwesthartford.com

The Promenade Shops at Evergreen Walk, South Windsor

HIGHLIGHTS: All major high-end retailers are available at this outdoor shopping center designed to resemble a traditional New England village with wide walkways and ample seating. A cascading fountain and fire pit center this pedestrian-friendly area perfect for a day of shopping or simply taking a stroll.

PLACE TO EAT: A number of dining options at different price points are available. Ted's Montana Grill is ideal for bison burgers and beers.

ALONG THE WAY: A visit to the Vintage Radio & Communication Museum of Connecticut can add a historical twist to your day in South Windsor.

INSIDER'S TIP: The Promenade Shops at Evergreen Walk is a canine-friendly shopping destination. Visitors can bring leashed, well-behaved dogs into the common areas, and stickers indicate which shops will let pets inside.

thepromenadeshopsatevergreenwalk.com

Water Street, Stonington

HIGHLIGHTS: Water Street is an idyllic place to stroll and take in the sites of this quaint shoreline town. Lined with antiques sellers, specialty clothing and jewelry stores and gift shops, this one street offers everything you could want in a small-town shopping destination.

PLACE TO EAT: If you're looking for fresh seafood, Water Street has plenty of great options including the Dog Watch Café, overlooking Dodson Boatyard, and Noah's Restaurant.

ALONG THE WAY: Stop by "The Point" in Stonington where you can see all three neighboring states—Connecticut, Rhode Island and New York—in one truly beautiful view.

INSIDER'S TIP: Stonington's finest gourmet coffees and teas are served at The Yellow House Coffee and Tea Room. Start your day of shopping here with a cup o' joe and a baked treat.

Shops at Somerset Square, Glastonbury

HIGHLIGHTS: The perfect place to shop for your kids, your loved ones or yourself, the Shops at Somerset Square have a little bit of everything, from J. Jill to Gymboree, plus a number of salons and spas to pamper yourself. This outdoor shopping center is a great place to spend a warm spring day.

PLACE TO EAT: Two premiere Max brand restaurants guarantee you won't go hungry here—try Max Fish if you're lured in by a "French fish bistro," or go Max Amore for hearty Italian fare.

ALONG THE WAY: Take the kids to the Dinosaur State Park in nearby Rocky Hill where they can explore the 200-million-year-old fossil trackway and interactive exhibits.

INSIDER'S TIP: The homemade ice cream at Robb's Farm in South Glastonbury can make for a sweet pit stop on your way home.

theshopsatsomersetsquare.com

Summer Street, Stamford

HIGHLIGHTS: Choose from a variety of shopping destinations in and near the heart of downtown Stamford. Ridgeway Shopping Center is home to Marshall's, Old Navy, Marco Jewelers and more, as well as several other shopping destinations.

PLACE TO EAT: Colony Grill is one of Connecticut's most famous pizzerias and known for its thin-crust pies topped with hot and spicy olive oil.

ALONG THE WAY: Dive into Stamford's bustling brewing scene with a visit to Half Full Brewery, then stop by Cask Republic or Coalhouse Pizza, both of which are among the state's best craft beer establishments.

INSIDER'S TIP: Enjoy Spanish coffee specialties, gourmet pour overs and churros at Lorca, a beloved downtown coffee shop and bakery.

Danbury Fair Mall, Danbury

HIGHLIGHTS: This one-stop shopping destination is one of Connecticut's largest malls and home to retailers such as Anthropologie, Lord & Taylor, Macy's, Abercrombie & Fitch, Coach, L.L. Bean, Apple and Microsoft.

PLACE TO EAT: Grab artisan pizza and choose from a curated craft beer selection at Stanziato's Pizza.

ALONG THE WAY: Take a short detour to Tarrywile Park, Danbury's sprawling 700-acre park that has miles of hiking trails, a historic mansion and the crumbling-but-still-impressive Hearthstone Castle.

INSIDER'S TIP: Take your kids for a fun ride on the Danbury Fair Mall carousel, an old-fashioned merry-go-round with two levels that is a nod to the original Danbury Fair, once held on the grounds where the mall now stands.

danburyfairmall.com

Westfarms Mall/Corbins Corner, West Hartford

HIGHLIGHTS: Westfarms is an upscale mall with 160 specialty shops, clothing stores and restaurants including Connecticut's only Nordstrom's. Corbin's Corner, located across from Westfarms Mall, has more than 20 stores, including Sears, Toys R Us and Best Buy.

PLACE TO EAT: Plan to stop at Plan B. This restaurant specializes in burgers, beer and bourbon, and was named 2014's Best of Connecticut "best burger."

ALONG THE WAY: Elizabeth Park, on the Hartford and West Hartford town line, is listed in the National Register of Historic Places and has been wowing visitors with its rose gardens since 1904.

INSIDER'S TIP: Westfarms' customer service center is also a Ticketmaster retail location where tickets to major concerts, sporting events, etc.—taking place in Connecticut and beyond—can be purchased.

westhartfordct.gov/visiting

Hopmeadow Street / Iron Horse Boulevard, Simsbury

HIGHLIGHTS: Simsbury's great shopping is all about pulling off Route 10/202 and discovering the riches within the village-like shopping centers. One to look for is Sarah Byrnes, a custom jewelry designer, located in the Simsburytown Shops at 924 Hopmeadow Street.

PLACE TO EAT: Travel the culinary "world" at hotspots located within a short stretch: French bistro fare expertly prepared at Metro Bis, gourmet burgers at Plan B, or hearty artisan fare at Harvest Café & Bakery.

ALONG THE WAY: Hike up to the Heublein Tower in Talcott Mountain State Park to enjoy some of the best views in Connecticut

| CONTINUED ON **PAGE 62** |

Left, Charming Charlie (Blue Back). Below, Gymboree (Somerset) and Fossil (Danbury Fair Mall).

More Top Docs. Again.

When you review the Top Docs list in *Connecticut Magazine*, it's easy to find doctors from Hartford HealthCare in just about every category. Our doctors earned this distinction because they are the ones who fellow physicians from throughout the state said they would refer their own family members to if the need arose.

This heartfelt endorsement from their peers confirms what we have known all along — Hartford HealthCare has some of the best physicians in practice, anywhere. Congratulations to all of our doctors who have earned a spot on this list. Their outstanding skills, compassion and commitment to excellence have resulted in this well-deserved honor.

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The Hospital of Central Connecticut
Windham Hospital

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For more information, see page 150

THE BIOTECH BOOM

After years of research and development, and millions in investment, Connecticut's biotech industry is finally finding cures—and success.

BY ERIK OFGANG

ISAK55/THINKSTOCK

The nightmare started when Dan Chen-Fung was 19.

The symptoms, which came on suddenly, were mysterious and devastating. The once healthy young man, who lived in Florida but had spent a year living in Danbury while he was growing up, experienced massive weight loss, chronic debilitating fatigue and anemia. His red blood cells, which carry oxygen throughout the body, were breaking down. The damaged cells were then secreted in his urine causing it to change color to a brownish Coca-Cola hue. His body was essentially experiencing a mass system failure. What was worse is that no one had any idea why it was happening.

He was given blood transfusions, steroids and other treatments during frequent hospital stays. These measures would give him some temporary respite but the disease always came back.

Despite his illness, he got married and had two children, but both he and his family's lives were marred by the flare-ups of his undiagnosed condition, incidents that resulted in too many hospital stays to count. And even between events, things were never normal. "You fake life," he recalls. "I'd get up and go do things because everybody else was doing things."

In 2007, when he was in his early 30s, 12 years after the symptoms had first appeared, he got what he had long hoped for: an accurate diagnosis, but it was far from good news.

Chen-Fung had paroxysmal nocturnal hemoglobinuria (PNH), an ultra-rare genetic blood disease. At the time there was no cure and it was expected the disease would take a heavy toll on Chen-Fung's body. The diagnosis was essentially a death sentence.

Alexion Pharmaceuticals

Chen-Fung didn't know it then but far away from Florida's sunshine shores, a Connecticut company was already fighting on his behalf.

The company was Alexion Pharmaceuticals, founded during the early 1990s in New Haven and on the cusp of releasing Soliris, a new drug that was about to rock the biotech industry and change the lives of PNH patients like Chen-Fung. The drug also made Alexion—currently based in Cheshire but building its new 14-story, state-of-the-art facility in New Haven—one of the poster children of Connecticut's increasingly effective biotech industry.

Today, inside high-tech labs, often hidden within nondescript office buildings, Connecticut biotech companies are waging molecular war on a variety of diseases in pursuit of new and innovative cures. It's not an easy battle. Finding a new cure, or even a new treatment for a disease is an epic undertaking, one that requires years of research, millions (sometimes as much as a billion) in funding, and even still generally ends in failure. Less than 1 percent of pharmaceutical companies ever get a product to market.

Despite the low odds, Connecticut companies are continuing to fight and several are emerging victorious.

"We are number four [per capita] for bioscience-related patents in the United States, and we're fifth in research per capita for bioscience," says Catherine Smith, commissioner of Connecticut's Department of Economic and Community Development.

Cara Therapeutics in Shelton recently received a new patent for technology it is developing to create medication that will alleviate pain and pruritus. Last year a pair of researchers at Yale University developed a possible cure for baldness when they helped a man with alopecia universalis grow a full head of hair by having him take the Pfizer rheumatoid arthritis pill Xeljanz. (Though not involved with the study, Pfizer has a strong presence in the state, including a research and development facility in Groton.) LambdaVision, a small biotech company founded by a University of Connecticut professor and his former student, is working on creating a protein-based artificial retina that could potentially cure some forms of blindness. In addition, there are scores of new treatments and techniques being developed by companies throughout Connecticut, including several companies that are working on Ebola-related treatments.

This scientific innovation has translated to economic stimulation according to Smith. "There are approximately 50,000 jobs in the state and about 800 companies that are related to bioscience or healthcare in one way, shape or another," she says.

Smith says the industry's recent success has been bolstered by the state's Bioscience Innovation Fund, which will provide $200 million to innovative biotech startups, nonprofits and researchers at universities. She also credits the fact that "we have such a well-educated workforce, and we have very strong anchors in the research part of bioscience through Yale and UConn."

Connecticut's biotech companies include well-established giants of the industry like the aforementioned Pfizer as well as Bristol-Myers Squibb, which has a million-square-foot facility in Wallingford, and the Jackson Lab for Genomic Medicine, which operates within a 183,500-square-foot building on the campus of the UConn Health Center in Farmington.

The state also has homegrown success stories like the Meriden-based Protein Sciences. In 2013, after receiving approval from the Food and Drug Administration, Protein Sciences released Flublok, a new type of flu vaccine that company executives and other experts believe could revolutionize flu prevention.

The most common flu vaccine is made from chicken eggs, millions of which are fertilized and used to culture influenza viruses. The process takes a long time—about five months—which makes predicting the proper strain of flu to guard against in an upcoming season more difficult and less effective.

Protein Sciences' vaccine is called a recombinant protein vaccine and uses an influenza virus protein made from genetically altering a virus that infects insect cells. It can be made quicker than the more common flu virus and is egg-free, antibiotic-free and does not contain the influenza virus.

Protein Sciences Corporation

"It only contains the protective ingredients instead of all kinds of other stuff that does not contribute to the performance of the vaccine," says Manon Cox, president and CEO of Protein Sciences. "Our product is truly egg-free and is the only vaccine that can claim that."

Not only is Flublok the only viable option for those with egg allergies, but Cox believes the way the vaccine is made—it has three times the antigens of a traditional flu vaccine—will make it more effective than other options. "We think there is going to be a lot of protection in the vaccine even though Centers for Disease Control informed all of us in December and January that the influenza vaccine composition this year is inadequate, and therefore there is only protection in about 10 percent of the adults who are receiving the egg-based vaccine," says Cox. "We are hoping to prove when you use Flublok that you are much better off."

Cox says Protein Sciences plans to use the protein-based vaccine platform to develop other vaccines for other conditions. The company has a rabies vaccine under development and an Ebola vaccine that is being tested in monkeys.

It took close to 30 years for Protein Sciences to get its first product, Flublok, to market, but that's not a long time in the biotech world. "This is an industry with which you have to be extraordinarily patient," Cox says. That makes sense, but for people suffering from disease waiting for new treatments, patience isn't always an easy virtue to practice.

| CONTINUED ON PAGE 59 |

This page: Nick Moreau, blacksmith-artist

opposite: An original photograph of Nick's great-grandfather, William P. Wicks, at work. His photograph is prominently displayed in Nick's forge today.

FORGING AHEAD

BY KATE HARTMAN
PHOTOS BY KARLA BERNSTEIN

FIERY RED SPARKS DANCE ABOUT THE DUSTY GARAGE WITH EVERY STRIKE OF THE WORN, YELLOW-HANDLED HAMMER.

SLOWLY, A SHAPE EMERGES FROM THE STRAIGHT, SEEMINGLY UNMOVABLE METAL STOCK. IT TAKES ON A CURVE, INCREMENTAL IN ITS PROGRESS, BUT PRECISE. THERE'S ONLY ENOUGH TIME FOR A FEW POWERFUL HITS BEFORE THE METAL LOSES TEMPERATURE AND NEEDS TO BE PLUNGED BACK INTO THE FORGE.

left, top: Blacksmiths are known for making their own tools. The forge, used to heat the metal to high temperatures, is Nick's own creation. The shop's "desk" is his great-grandfather's handmade welding table.

left, middle: This anvil belonged to Nick's great-grandfather. Like many family items, it comes with a story: "Everyone in my family talks about it: there used to be a 'man' test that everyone would have to try if they came to the shop, and that was to grip the smaller anvil by the

Blacksmithing is slow work, painstaking and labor intensive, but it's also joyful, which is clear by the look on Nicholas Wicks Moreau's face. He's intense, focused but pleased. He seems to enjoy the challenge of turning nothing into something, using only brute strength and creativity to make an original piece.

"I've always tended more toward the trades and I like working with my hands," explains Moreau. "I like creating functional pieces of art."

Moreau is the owner and sole artisan of Wicks Forge, a small blacksmithing business located in the two-car garage adjacent to his grandparents' home in rural Danbury. The space is not much to look at—filled with an array of hammers, pliers, drills, cords, cans and the two most important items, an anvil and a forge he made himself. In most ways Moreau's workshop looks like any other, a place where people go to tinker, fix and think. But the history that is encapsulated in the Wicks Forge garage sets it apart.

Twenty-seven-year-old Moreau comes from a long line of self-employed tradesmen. The son of a carpenter and an artist, he was born with that crucial mix of creativity and practicality flowing through his veins.

"I'm an artistic person," he says. "Even playing lacrosse, there's something creative about it. I think there's a creative aspect to everything."

He had tried his hand at a number of different artistic disciplines, including ceramics and carpentry, but was always tempted to try metal working. That curiosity set him on the path to blacksmithing while he was pursuing a master's degree in environmental resource management in Scotland. But it would be the histories of his grandfather and great grandfather that would eventually lead him back to the family business.

His great grandfather, William Wicks, was a pioneer in the welding field, owning a shop and then eventually a welding school, Wicks Welding in New York, where he trained welders during World War II in support of the war effort. After the war, the family moved to Connecticut and ran a manufacturing business, Wicks Products. Moreau's grandfather, Edward Wicks, was trained at his father's school, eventually taught there and went into

'horn' and lift it over your head with one hand. As far as I know, my great-grandfather was the only one who was able to do it."

left, bottom: Shapes are part of an artist's language. Nick creates shapes that speak of the rhythms of time, life, and the natural world.

this page: Nick's custom fireplace tools, with delicate swirls of forged metal, evoke the circles of the Wicks family story, a legacy of creativity and tradition.

the family business. But when the next generation didn't share the same passion, Wicks Products was sold and the family history halted with Ed Wicks' retirement.

Growing up, Moreau knew of the family legacy but admittedly didn't give it much consideration. While in Scotland he decided to give blacksmithing a try more out of his own curiosity than a sense of family loyalty.

"I looked in the phonebook under blacksmith and this one guy struck me," Moreau recalls. "He lived an hour outside of Edinburgh. It was a one-man shop in Peebles, so I would take the bus out there to this hamlet that had only four houses. The workshop was in an old chicken shed and I just thought, 'This is where I want to be.'"

The master blacksmith, Jim Whitson, was less struck with Moreau.

"I think he was nervous," says Moreau. "He had never been able to work with anyone before. There was a modesty that comes from sports. I know about being part of a team. [I told him] I'll do whatever."

Whitson gave Moreau a trial run at his shop, The Blazing Blacksmith. For two weeks he was tasked with cutting and grinding fine metal ivy leaves for a gate Whitson was creating. Despite the monotony, Moreau never complained. Thinking back, he sees how that job was probably a test to see if Moreau had the skills and willingness to learn.

At first, he wasn't paid for his work, but slowly that trial run turned into an apprenticeship with compensation.

"It was like learning a new language," Moreau explains—a new language that employed the color of burning metal instead of letters.

Blacksmithing is all about the senses. Watching Moreau work in his shop is like watching a musician tune his instrument using only instinct and pitch. It's an apt metaphor since one of Moreau's favorite projects is a series of intricate music stands, one of which was given to Grammy Award-winning violinist Joshua Bell and another to his mother. While he is not musically inclined, a professional violinist, a pianist, a drummer, a classically trained singer, a cellist and a luthier exist in Moreau's lineage, so making music stands is a practical contribution to the legacy.

A delicate vine of roses and leaves serves as the intricate base for the Gothic Rose music stand *(shown right)*.

He places four rods into the small forge, heated to nearly 1,400 degrees Fahrenheit by a venturi burner. He pulls a rod out with a set of long pliers, leaning in close to see how red the end has become. He turns it over, moving it away from the forge to get a better look. It's not red enough, so he places it back in.

"You keep the light low [in a blacksmith shop] because you work off of the glow," he explains.

Finally, he's satisfied and moves deftly from the forge to the anvil, which is anchored to a tree trunk, bringing it up to hip level. Moreau hunches over, bringing down his hammer (given to him by Whitson when he left Scotland) again and again onto the smoldering metal. Between each strike he bounces the hammer lightly against the anvil, "to keep the momentum going." A minute later, he's reheating the metal in the forge.

"It's monotonous and repetitive," Moreau admits. "You usually work on four [rods] at a time. You will be working one while the others get hot. Metal has to be worked in a specific way, so you have to have a clear idea of what you're going to do. There's not a whole lot of room for spontaneous creativity."

Yet he makes room for that originality. Moreau really enjoys organic shapes in his products, twists and curves and vines that travel up the legs of a coffee table or around the base of a music stand.

The burgeoning blacksmith finished his master's degree and returned to America around Christmas 2012. His plan was to stay in Connecticut for a month to visit family before he moved on to his next adventure. He had left his home in Trumbull after high school to pursue a degree in Environmental Studies at McGill University in Montreal, Canada, then headed to London to coach lacrosse before ending up in Scotland.

But his grandparents were getting older and needed assistance, so he decided to stay in Danbury and help them. It was during this time that Moreau started cleaning out the garage, and to his surprise discovered nearly everything he needed for his own blacksmith shop tucked away amongst the clutter—relics from his grandfather's years as a master welder.

"I recognized all these tools—hammers, an anvil, a drill press," he says. "The only things that were missing were a forge to heat the metal and a welder."

He researched how to build his own forge with a friend's help, traveled to a scrap metal yard and built one himself. Today, he uses his grandfather's original welding table, which dates back to World War II.

"It was like unearthing artifacts," Moreau says of cleaning out his grandparents' garage. "I was learning a lot about myself through my family."

He started to experiment with different products and designs—at first easy things like bottle openers and corkscrews that he would sell in his online Etsy shop.

"I was working part-time for a contractor and when there was no business, I would create new products like door handles and jewelry stands," he says. "I started to get repeat customers who wanted custom orders, and I would enter things into art shows and take side jobs."

Slowly his passion project grew into a legitimate business and he established Wicks Forge in the fall of 2013. Commissions started rolling in with one job leading to the next. For instance, a random job creating shelves for a smoker at Caseus Fromagerie & Bistro in New Haven has blossomed into a relationship with the owners who now have him commissioned to create a series of bottle openers, benches and a mirror for Black Hog Brewery in Oxford. His repertoire includes coffee tables, bookshelves, mirrors and gates.

Sunday Newspaper * * SUNDAY, MARCH 21, 1943 L—21

War Training Activities in Schools

AVY SELECTS
EST CENTERS
FOR V-12 BOYS

odes, Pace and Columbia
mong Those Co-operating
Plan to Train Officers

By ANN DIXON

ncle Sam's armed forces are
y becoming more dependent
n co-operation from the na-
's schools and colleges to carry
the global war.
hodes School has been added
he list of centers in this area
ch are to give the qualifying
on April 2 for the Navy Col-
Training Program known as
2, it was announced yesterday.
ace Institute is another among
e so designated, and Columbia
preparing to accommodate a
a of 600 men who will begin
r V-12 studies there late in
e. Other test centers are to be
ounced next week.

AINING OF OFFICERS.

he purpose of the V-12 pro-
n is to produce Naval officers,
h school seniors and graduates
appear to have potentialities
ultimate selection as officers
be chosen for college training.
ing this training they will be
dered on active duty, will
the uniform and will receive
raduates and graduation

Rallying to Call for More Welders

Rallying to the nation's call for more war workers, the man and woman pictured above at Wicks Welding School, 24-15 Bridge Plaza North, Long Island City, are just two of the many students preparing themselves for welding jobs in shipyards, aircraft plants or foundries to hasten defeat of the Axis.

PARLEY TO HEAR

Course at Drake In Morse Code

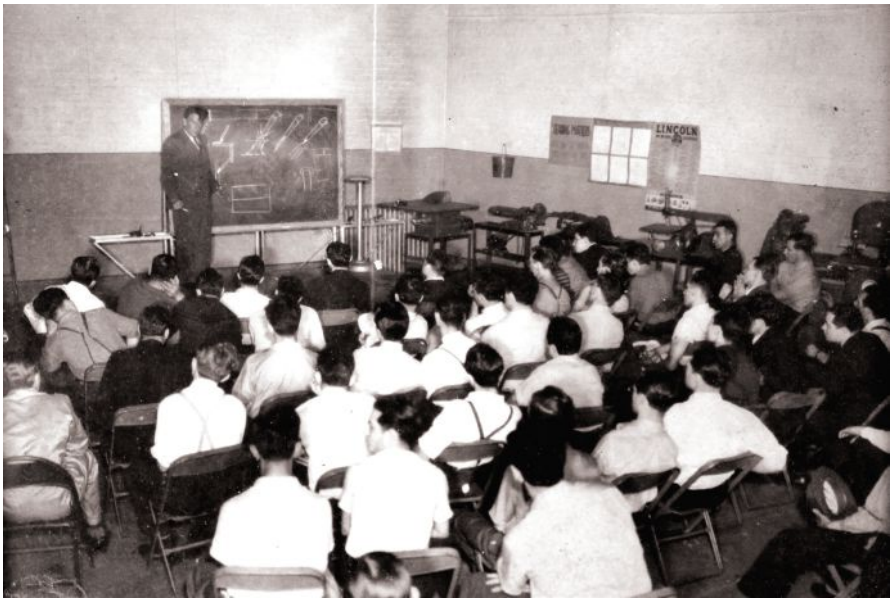
A complete course in Interna- for instruction, the course trains

"It's all trial and error and there is humility to it. Every day I went to work and knew I was going to suck," Moreau says of his time in Scotland. "You just keep doing it over and over again till you do something that is good. It allows you to let go of what you make. It doesn't need to be perfect."

Moreau currently lives in New York City during the week where he works for the City Parks Foundation, but travels back to Danbury every weekend to spend time in his shop. Since his family moved away, he has his grandparents' home all to himself and ample quiet time to work on his backlogged orders.

"This is thousands of dollars of tools that I would never be able to afford myself," Moreau says, looking around the shop at his grandfather's history. "I have this business entirely because of my family."

For more information visit wicksforge.com. Images provided by Karla Bernstein. To see more, visit karlabernsteinphotography.com.



top: A unique bottle opener created by Moreau.
above, left: Gothic rose music stand.
above, right: Wicks Welding School advertisement from 1943.
right, bottom: William Wicks lecturing to a class on the use of welding torches at Wicks Welding School.

THE RIGHT INTENTIONS

Intentional living—groups of like-minded individuals who are not related by blood or marriage, but share expenses and living space—is increasing in Connecticut but is also attracting controversy as many communities are being forced to redefine housing zones and attitudes.

BY SUSAN CAMPBELL | PHOTOS BY KEYVAN BEHPOUR

Depending on your timing, walking into 68 Scarborough Street in Hartford could put you in the middle of a house meeting, a discussion about the group's chore wheel, or a puzzle-solving session with any of the house's three children.

Walking into 68 Scarborough Street will also put you in the middle of a roiling discussion about families and zoning.

68 Scarborough is an intentional community of eight adults and three children. They are co-housing, which means that though they are not all related by blood or marriage, they are sharing space, living expenses and values—as would most functioning families.

68 Scarborough Street, however, is not a commune in the hippie-dippy sense—though they get asked that a lot. There are couples and singles, and their children, who sometimes plan talent shows and game and movie nights. There are also bedrooms with doors that close for privacy, though people tend to congregate in the common living areas. They appear to actually like one another.

"We live together probably more intentionally than most families," says Julia Rosenblatt, a founding member of the HartBeat Ensemble theater group and one of the individuals who inhabit the 6,000-square foot brick mansion on one of Hartford's toniest streets.

Some of the adults have lived together for years, most recently in another Hartford neighborhood where their living arrangement didn't seem to worry the neighbors.

Not so on Scarborough Street. Last year, some neighbors petitioned the city to enforce zoning laws, which restrict dwellings on Scarborough to single families—though the law allows for an unlimited amount of live-in domestic servants. A zoning board of appeals hearing in February decided 68 Scarborough is in violation of zoning laws, but the group has vowed to keep the discussion going.

So the two main conversations that swirl around the nine-bedroom dwelling are these: "What is a family?" Followed rather quickly by: "What are zoning laws for, anyway?"

A February Office of Legislative Research report looked at 13 towns' definition of family in zoning regulations. Some required at least some relation—by marriage or blood. Some were less restrictive. According to the report, in East Hartford, family is defined as "individuals living together as a single, nonprofit housekeeping unit occupying a dwelling unit that has complete housekeeping facilities."

Sunday with the Scarborough 11: (opposite) Joshua Blanchfield and son Elijah Rosenfield work on a puzzle with Hannah Simms; (this page, top left) Kevin Lamkins lifts Tessa Rosenfield up while her mother, Julia Rosenblatt, looks on; (top right) Simon DeSantis and Maureen Welch; (bottom left) Dave and Laura Rozza and their son, Milo (bottom right).

The Scarborough 11 started life as an intentional community on Warrenton Street in Hartford—a far less chichi address, and one where they had no run-ins with the neighbors. But when one of the Warrenton group, Greg Tate, died, residents found it difficult to meet their bills. They expanded the group to include longtime friends, and began looking for a larger house.

How ironic that this merry group of low-impact, socially conscious people found a mansion on a lovely boulevard that threads its way through a wealthy Hartford neighborhood. The group pooled resources, and last August, purchased the $453,000 house, immediately sinking $20,000 into new plumbing to replace the copper pipes that had been stolen.

The structure came with an impressive pedigree. Built in 1921 and designed by the same firm that created the Heublein Tower, 68 Scarborough features nine bedrooms and three fireplaces. Just three years ago, the Junior League of Hartford chose the home as its Show House, where designers came to strut their stuff, and turned the already well-heeled house into a fund-raising showplace.

But the mansion was empty when the Scarborough 11 stumbled across it on a real estate website. Each came to see the house at different times. Josh Blanchfield, Rosenblatt's husband, says he first got lost upstairs in the maze of bedrooms.

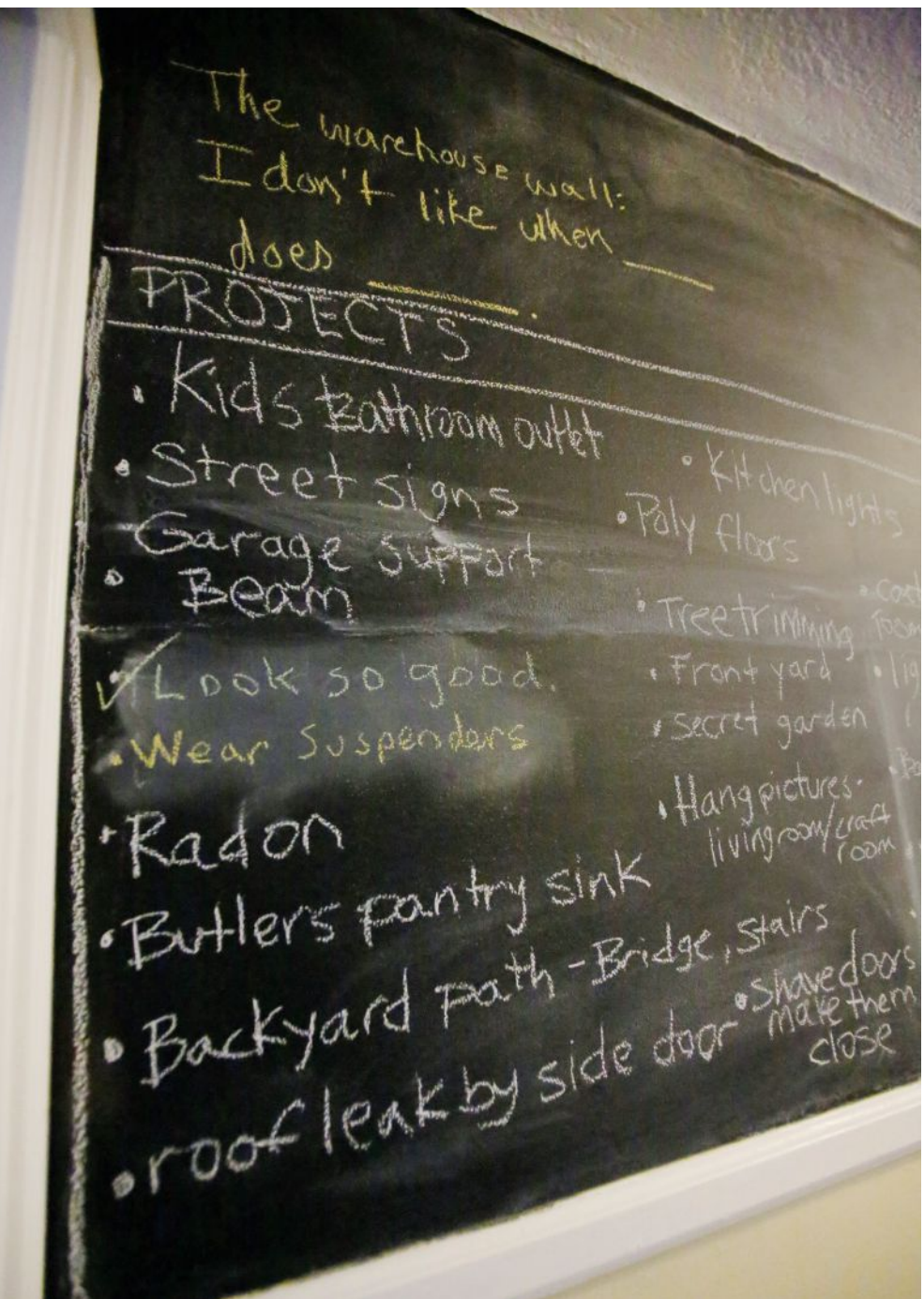
The modern-day concept of co-housing, which is more popular in urban areas, started in Denmark. It's an idea that's taking hold in places where housing is even more expensive than here in Connecticut. A report released in December by Partnership for Strong Communities says the state ranks sixth in the nation—at $1,337—for monthly median housing costs.

Yet Connecticut has been a slow adapter to new approaches to housing. Intentional communities that exist sometimes do so because of creative agreements between residents and landlords. An intentional community in New Haven operates on a private arrangement with the landlord. The lease covers two apartments, according to one of the house residents. And it's located in a part of the city that is also home to a large contingent of Yale graduate students. The zoning is RM-2, or high middle density.

Some religious communities live intentionally in Connecticut with few complaints from their neighbors, though when members of two of those communities were contacted for this story, both declined for fear of stirring the waters.

A planned intentional community, Rocky Corner, in Bethany, will include 30 homes on 30 bucolic acres. Residents will own their

Kevin
Rozza
Simon
Julia
Maureen
Tate


The warehouse wall:
I don't like when ___ does ___.
PROJECTS
• Kids bathroom outlet
• Street signs
• Garage support Beam
• Look so good.
• Wear Suspendors
• Radon
• Butlers pantry sink
• Backyard path - Bridge, stairs
• roof leak by side door
• Kitchen lights
• Poly floors
• Tree trimming
• Front yard
• Secret garden
• Hang pictures living room/craft room
• Shave doors make them close

Hannah
Josh
Simon
Laura
Kevin
Julia
Maureen
Dave
Dining Room
Kitchen
Bathrooms & Hobbit & 2nd Floor
Laundry Room
Hallways, foyer, stairwells
Garage
Living Room
Den

own homes, most of which are 1,000-square feet or thereabouts, says Dick Margulis, one of the community's spokesmen. The site includes a common house that's five times the size of an average Rocky Corner home. Nine of the homes will be affordable.

"Intentional communities don't all share the same intent," said Margulis "Our intent is to live sustainably." He said co-housing communities such as Rocky Corner are more common in Massachusetts, where the movement is at least 20 years old.

"In Connecticut, everyone says, 'Co-what?'" Margulis says. Some local Bethany residents originally voiced opposition, but Margulis explains, "We overcame it because we had the law on our side."

In her 2013 book *Snob Zones: Fear, Prejudice and Real Estate*, *New York Times* correspondent Lisa Prevost explored how zoning can be used to discriminate. Connecticut, with its abundance of wealthy neighborhoods, figured prominently in her reporting, and she says the discussion on Scarborough Street is one that's ongoing throughout the state.

"The reaction—the overreaction—of the neighbors just amazes me," says Prevost. "You see this over and over and over again in Connecticut when any one challenges the housing status quo. In Darien, people were calling an affordable housing law 'economic terrorism.' In Bethany, they're called 'fellow travelers,' an 'invasion.' It's this inability to think beyond the way everyone's always lived."

Neighbors' opposition to the living arrangements on Scarborough haven't focused on the character of the house's residents but more on preserving the character of the street, says Michael O'Connell, a Hartford attorney who last year signed on with 17 residents to ask the city to enforce the street's zoning laws.

"What we have faced over close to 30 years is periodic efforts to take away the residences and turn them into something else," says O'Connell, who has lived on the street since the mid '80s. "It's not just roommate or boarding houses, but also some institutions have come in and tried to take over the houses.

"Our notion is that we really want to preserve this wonderful single-family residential area."

O'Connell, who was born in Hartford's South End, says haphazardly applied zoning laws could dissuade potential homeowners from moving to the street.

"On one level, we feel very sorry for this problem created for this group of people who have moved in and tried to do work on that house," he says. "One side of our perspective is to feel uncomfortable for them and sorry they're faced with this issue.

Scenes of domesticity: (Opposite) Individual mail slots, to-do lists and a chore wheel keep the family organized, although winter wear for 11 people can get chaotic; (this page) Familial love is evident as the residents go about day-to-day activities.

Eye of the storm: The house at 68 Scarborough Street; (inset) one of the shared spaces in the house.

"But we want to lure some of the people back from the suburbs. One of the concerns that has faced us over the years is setting a precedent. If we feel sorry for somebody, or we feel that they're good people and doing something good . . . but we let the zoning rule be totally ignored—that's a problem."

Lest we dismiss zoning outright, we should remember before there were zoning laws to impose some kind of order; neighbors who felt put-upon by, say, a nearby boisterous bar, had only nuisance laws to protect them. And those weren't effective.

Hartford's low-density R-8 zone was adapted in the 1960s, and applies to single-family residences with lots of 12,000 square feet, and homes with at least 1,500 square feet of living space. Hartford's zoning laws say the R-8 designation encourages "the future development of these very low-density residential areas for primarily residential purposes by prohibiting conversions, roomers, most institutional uses and all business uses."

But such low-density areas have fallen out of favor in towns like Hartford, which are hemorrhaging young people like the Scarborough 11. What people want is walkable, high-density neighborhoods—the antithesis of Scarborough. Intentional living in some of the city's empty properties just might be one answer to woefully behind-the-times zoning designations because zoning sometimes serves as little more than a deep moat to keep out the have-nots.

"So much of single-family zoning was written as a way for people with money to exclude those with less money," says Prevost. "Who needs roommates the most? People with less money. If you cap the number of unrelated residents, you've effectively excluded people who need to live with other people for affordability reasons."

Religious communities around the state live intentionally with little to no complaints from the neighbors. And just across the street from the Scarborough 11 is a mansion purchased in 2013 for $660,000 by the University of Connecticut Foundation for UConn President Susan B. Herbst as a site, as Jon Lender wrote in the *Hartford Courant*, "to woo big donors."

O'Connell says street residents asked about the foundation's purchase and were reassured that though there might be the occasional fund-raising event, the residence would remain what it was zoned for: a single-family home.

"It's a difficult situation," says O'Connell, who heads the city's historic preservation commission. "We focus on restoring and maintaining historic attractions of the city. I work downtown, and am very involved in restoring downtown. We want to maintain and restore the single-family residential areas as well."

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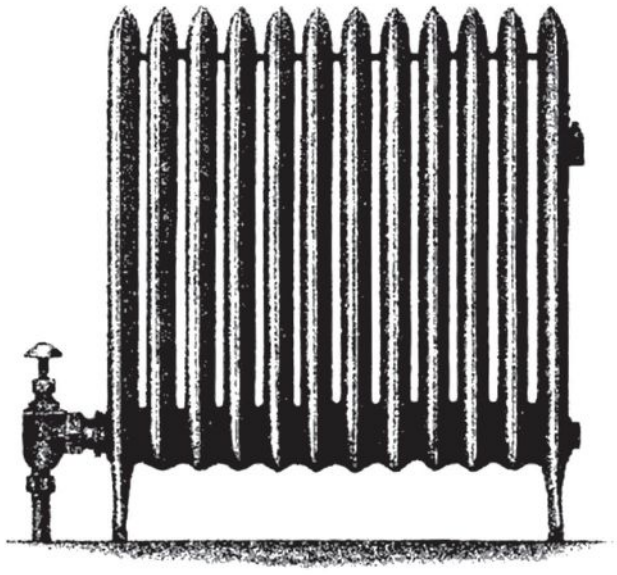

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While the conversations continue outside, inside the Scarborough house there's a quiet domesticity. Housing meetings help keep everyone informed. A household account is monitored by Maureen Welch, a Windsor Locks native who returned from California to live at 68 Scarborough. She is the house's ex post facto accountant. Groceries are purchased as a group. The housemates tease Simon DeSantis, a relative newcomer, about his love of expensive, single-origin coffee, which he purchases for himself and labels as his own. "It isn't fair to make your housemates foot your expensive tastes," he says.

DeSantis came to the house through his relationship with Welch. When the two met, she told him that co-housing was a big part of her approach to life, and if he wanted to be in her life, he would need to live intentionally as well. DeSantis says meeting Welch's housemates was more intimidating than meeting her parents. That's understandable—he wasn't going to live with her parents.

Perhaps the height of weirdness came when The Learning Channel called, offering the group a reality show that features alternative families. Rosenblatt talked to producers for some time, but the group decided no.

"I think we know enough to feel like the least healthy thing you can do is have your community put under a microscope," says Hannah Simms, another housemate.

That, and the group couldn't imagine television audiences would want to tune in every week to watch them do what they often do: Sit around watching Netflix and playing vigorous rounds of board games.

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For more information, see page 150

Top: An artist's rendition of Alexion Pharmaceuticals' New Haven headquarters upon completion, which is expected later this year.

Above: Soliris has become an essential treatment for ultra-rare genetic blood disease, paroxysmal nocturnal hemoglobinuria (PNH).

For Chen-Fung the statistics were grim.

In 2006, one third of patients with PNH didn't survive five years after diagnosis, and the typical lifespan for a PNH patient was only 10 to 13 years after diagnosis—so if Chen-Fung was lucky, he would likely die in his 40s.

As he grappled with the dire truth of his condition, representatives of Alexion contacted him. Alexion was close to getting approval for Soliris, a new drug that had recently undergone clinical trials and had shown great promise for treating PNH. Because the condition is so rare—far less than 20 people per million are afflicted with it—Alexion staff are constantly searching for patients. When they approached Chen-Fung about the possibility of taking Soliris, he had little to lose. His quality of life was greatly hampered by the condition and it appeared it would soon kill him.

Still, there were risks. Drugs, even ones approved by the FDA, can have unintended side effects, and Connecticut's pharmaceutical companies are not immune to failure.

Stamford-based Purdue Pharma is the company behind the controversial time-release painkiller OxyContin. As Ian Frazier wrote in the *New Yorker* last September, "the pill entered the market in 1996 and quickly became an iatrogenic disaster."

Despite Purdue's claims that it was difficult to abuse, it wasn't. Pills began to be crushed then swallowed, snorted or injected, and OxyContin overdoses soon became common. In addition, the painkiller served as a gateway drug to heroin—which produces a similar and cheaper high—and consequently helped fuel a dramatic increase in heroin use both in Connecticut and nationwide.

In 2007, Purdue pled guilty to mislabeling the drug by not stating its potential for causing addiction and paid $634.5 million in fines. Even with the penalties, the drug was a monumental financial success as over the years it has made the company billions. However, the humanitarian toll it has taken should serve as a cautionary tale for pharmaceutical companies in Connecticut and beyond.

It was also failure, albeit of a far different sort, that led Alexion to begin looking into treatments for rare diseases like PNH and which ultimately may have saved Chen-Fung's life.

Alexion was established in 1992, by principal founder Leonard Bell, a Yale physician, and scientist Stephen Squinto. They worked out of a small lab at Science Park in New Ha-

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ven. The goal was to develop treatments for diseases caused by a malfunction of what's known as the body's complement system. In a healthy person, the complement system, which is part of the immune system, helps or complements the ability of antibodies and phagocytic cells to fight disease, but in some cases the complement system turns on itself, fighting healthy cells instead of invading viruses.

Initially the hope at Alexion was to find treatments for common conditions that are believed to be caused by problems with the complement system. In the late 1990s, clinical trials were held and Soliris was tested on thousands of patients in a massive study to see if it could help halt damage that occurs after coronary artery bypass surgery.

"We found that Soliris actually failed in those trials—it did not have the significant impact we were hoping for," explains Irving Adler, Alexion's executive director of corporate communications.

At that point, researchers in the United Kingdom told them about PNH, which was suspected to be caused by problems with the complement system. In the early 2000s, the company scrambled to find enough PNH patients for a study, ultimately doing so but the test group was miniscule. "There were thousands of patients in those earlier trials," says Adler. "When we did the PNH pilot study we had 11 patients."

However, once Soliris entered the bloodstreams of those 11 patients, the drug proved more effective than scientists at the company dared to dream. "That study was tremendously successful—patients were transformed," Adler says.

In 2007, after 15 years and close to a billion in spending, Alexion had brought its first product to market. In 2011, Soliris was also approved for treating Atypical Hemolytic Uremic Syndrome (aHUS), another ultra-rare condition caused by a malfunction in the complement system. The company is also developing a new drug that will provide enzyme-replacement therapy for treatment of patients with infantile- and juvenile-onset hypophosphatasia (HPP), which is also a rare disease.

Inherent scarcity makes researching rare diseases unappealing and financially unfeasible for most companies, but Alexion has found considerable success operating in this arena. The numbers of patients who use Alexion products are limited but the medication the company creates is tremendously expensive.

To supply each PNH patient costs approximately $450,000 per year. Most insurance companies around the world will cover that expense, according to Adler. In the U.S., in the few instances where Soliris is not covered, Alexion will provide the treatment for free.

For patients like Chen-Fung, the expensive treatment can be a lifesaver. The first time he was given Soliris he says the change "was almost overnight." He was no longer beset by chronic fatigue, his blood became healthy and he began to feel normal.

Today, Chen-Fung is given Soliris every two weeks through an infusion using a port in his chest. As a result, he has an increased risk of contracting meningitis and needs a vaccine every five years to combat that. He also gets severe headaches on the day he is given the drug, but he says these side effects are "a small price to pay for a normal life." With Soliris, Chen-Fung's life expectancy has increased from a few years to slightly less than average.

On a cold Friday at the end of February, Chen-Fung came to Connecticut with his wife and their two sons to talk to a group of Alexion employees in honor of Rare Disease Day. The event was closed to the media but shortly afterward Chen-Fung explained to *Connecticut Magazine* just how much the Soliris treatment has meant to him. "All of the sudden I'm able to do things with my kids and live a life that most people take for granted," he said.

The nightmare that began when he first started experiencing symptoms of the disease is finally over.

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CONTINUED FROM **PAGE 39**

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INSIDER'S TIP: Find your way to Rosedale Farms & Vineyards for the fresh vegetables, fruits, wines and flowers "grown and nurtured with care and pride," or for the special chef-to-farm dinners.

The Shops at Yale, New Haven

HIGHLIGHTS: If you like big city sophistication but not the logistical challenges of urban environments, the shopping districts near Yale University, along Chapel Street, and near Broadway, are paradise found. Terrific retail—including sophisticated men's and women's fashions—is found in a ivy-infused atmospheric environment that's also home to great dining.

PLACE TO EAT: Terrific options abound. We love Union League Café for French, Basta Trattoria and Tarry Lodge for Italian and the new Harvest Wine Bar & Restaurant—to name just a few.

ALONG THE WAY: Discover Lighthouse Point Park, which not only has a lighthouse, a gorgeous setting on Long Island Sound and a boardwalk along the beach, but also features an antique carousel the kids can ride from Memorial Day through Labor Day.

INSIDER'S TIP: The Yale University Art Gallery is actually a world-class museum with a permanent collection of more than 185,000 works; it's fresh off a major renovation and expansion. You won't see better art in a better setting in New York, London or Paris.

theshopsatyale.com

Post Road, Fairfield

HIGHLIGHTS: The Post Road (Route 1) through Fairfield County is almost as busy as I-95—or it just seems that way. It's not a place you think of parking and walking, but it should be. We recently parked (for free) behind the Fairfield University Bookstore in Fairfield center and went for a stroll it was a blast. Big chains like Banana Republic are here, but also unique boutiques like Capri. Walk or drive—but slow down to investigate what the town has to offer and you'll be delighted.

PLACE TO EAT: The new Brick + Wood is a haven for pizza lovers—what else needs to be said?

ALONG THE WAY: Head to the Fairfield University campus to enjoy the art at the Bellarmine Museum of Art and the Thomas J. Walsh Art Gallery.

INSIDER'S TIP: Before you go home, source life's essentials especially well in Fairfield: Wine at Harry's Wine & Liquor Mart, cheese at the Fairfield Cheese Company, and chocolates and pastries at the French bakery Isabelle et Vincent.

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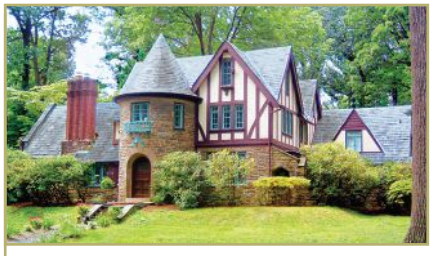

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See more **Connecticut Home & Garden** trends in the April issue.

Patient-Centered Care, Delivered by "Top Docs"

Congratulations to all the Waterbury Hospital physicians who were recognized as Top Docs by Connecticut Magazine! Thank you for all you do on behalf of our patients and the community!

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Melvyn Ranish

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Earl Bueno
Raymond L. Clement

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Michael F. Simms

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Peter G. Levinson
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Hector R. Pun
James Sarfeh
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Kenneth A. Kaplove

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Ian M. Cohen
Gabriel Hakim
John M. Lewis

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Victor A. Chang
Kert D. Sabbath

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Orthopedic Surgery
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Richard L. Manzo
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Charles A. Fischbein
Linda Mathew
Neysa McDonald

Physical Medicine
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Bhavesh R. Patel

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Seung-Yeun Waitze

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Richard Silverman

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TOP DOCS 2015

Our annual survey of top doctors in Connecticut features more than 800 peer-recommended physicians in 31 areas of specialty.

66 Allergy & Immunology
66 Anesthesiology
66 Cardiology
66 Dermatology
67 Endocrinology
67 Family Medicine
67 Gastroenterology
68 Geriatric Medicine
68 Infectious Diseases
68 Internal Medicine
68 Nephrology
69 Neurology
69 Neurosurgery
69 Obstetrics & Gynecology
70 Oncology & Hematology
70 Ophthalmology
70 Otolaryngology
72 Pediatrics
72 Physical Medicine
72 Podiatry
74 Psychiatry
74 Pulmonary Medicine
74 Radiology
74 Rheumatology
76 Surgery: Bariatric
76 Surgery: Colorectal
77 Surgery: General
78 Surgery: Orthopedic
79 Surgery: Plastic & Reconstructive
79 Surgery: Thoracic
80 Urology

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Connecticut Magazine is once again proud to partner with the Travelers Championship in sponsoring a top-tier reception for Top Doctors at Connecticut's PGA TOUR event on June 26, 2015 at TPC River Highlands in Cromwell.

THINKSTOCK

TOP DOCS 2015

HOW THE DOCTORS WERE CHOSEN We sent more than 5,000 questionnaires to Connecticut doctors, asking them to recommend a doctor (other than themselves) to whom they would send a loved one for expert medical care. In this year's survey, the focus was on seven specialties: bariatric surgery, nephrology, neurosurgery, pediatrics, plastic and reconstructive surgery, pulmonary medicine and thoracic surgery. The top vote-getters in those categories made the Top Docs listings, along with all those doctors in other specialties who finished at the top of our surveys from the years 2012-2014. We've done our best to update all the doctors' information along the way.

The result is 825 doctors in 31 specialties, in all the result of more than 15,000 questionnaires sent out over a four-year period. With such a wide array of specialties covered, this issue of Connecticut Magazine makes a very good place to begin your search for medical help.

As always, it needs to be said that every physician who makes the list is a good one, or at least a recommended one, but not every good physician in the state necessarily makes the list. Because of that, we suggest you use this list as a reference, not the final word. You must ultimately do your own due diligence and decide which doctor is right for you or your loved one.

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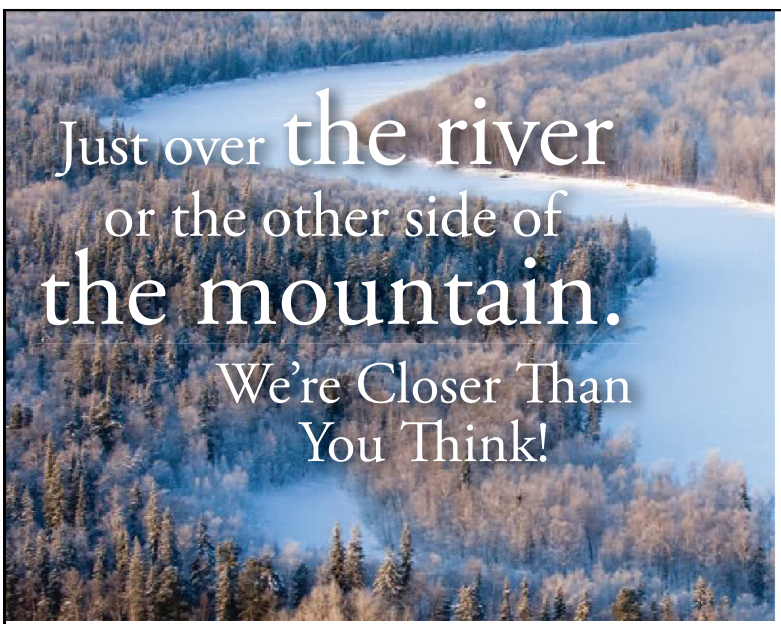

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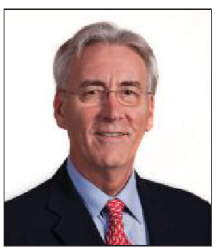

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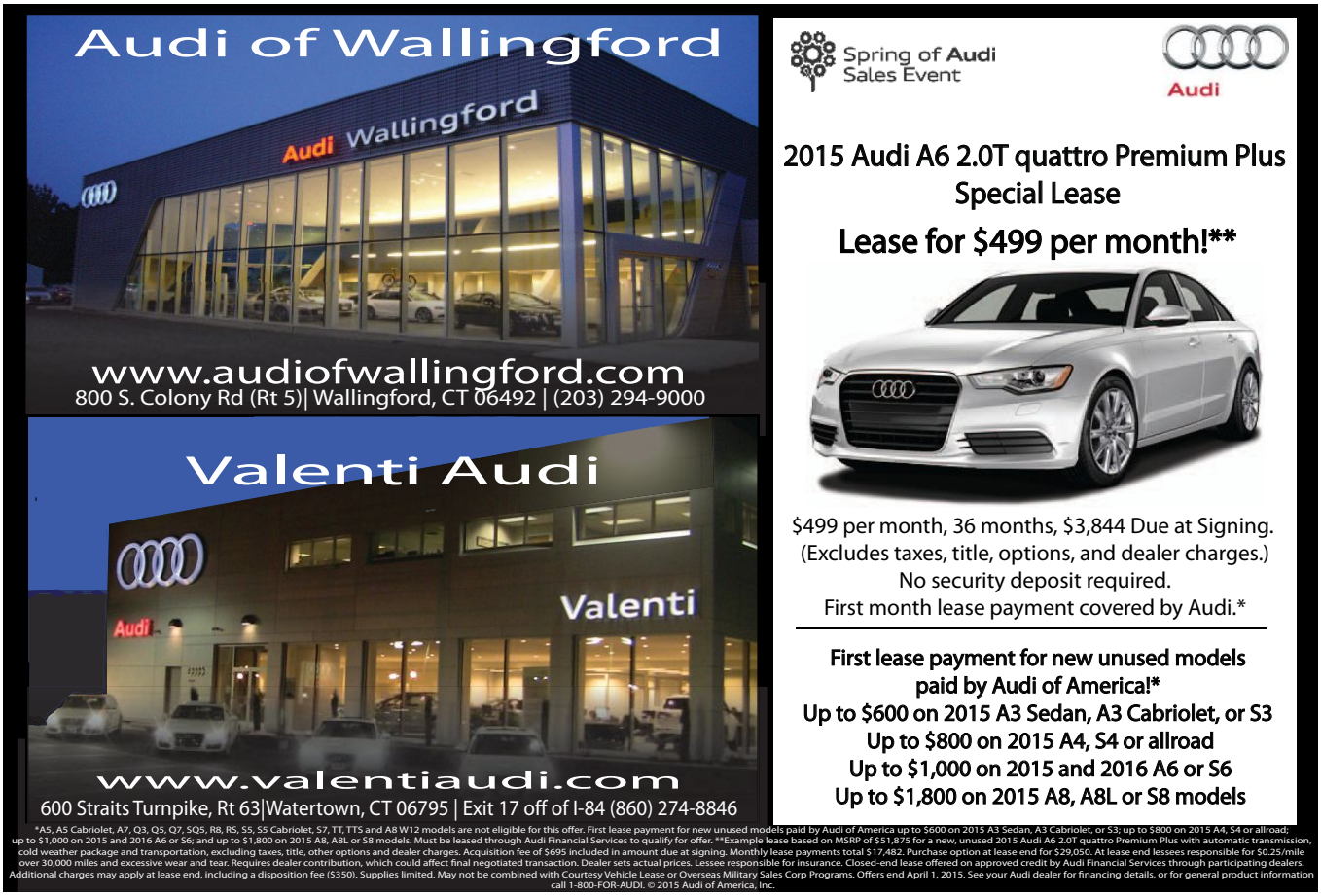
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From left: Dr. Anthony Carter, Dr. Eric Hyson and Dr. Kenneth Allen

KENNETH ALLEN, M.D., ANTHONY R. CARTER, M.D., ERIC A. HYSON, M.D., FACR

DR. KENNETH ALLEN, DR. ANTHONY CARTER and DR. ERIC HYSON are part of the eleven-member team at Diagnostic Radiology Associates located in Waterbury and Middlebury. DRA offers digital mammography, ultrasound, computerized tomography, 3-T MRI, dexa bone density and x-ray. They are the interpreting physicians for the radiology department at Waterbury Hospital and their affiliations including Valley Imaging Partners of Naugatuck and Imaging Partners of Waterbury Hospital in Waterbury. All images are digital and interact with Waterbury Hospital for efficient record keeping. DRA has provided quality imaging services to the Waterbury community for over 40 years.

DR. ALLEN graduated from the University of Massachusetts Medical School. His radiology residency was at Yale-New Haven Hospital and fellowship in MRI, CT and Ultrasound at the Hospital of the University of Pennsylvania. He is an associate clinical professor at the Yale School of Medicine. Dr. Allen is the Medical Director of the Greater Waterbury Imaging Center and chief of MRI services for Waterbury Hospital and DRA, providing patients with access to low field Open MRI, standard high field MRI at 1.5 Tesla and ultra-high field MRI at 3.0 Tesla. The highest strength MRI delivers images of the greatest quality, with reduced imaging time, making the patient experience as easy as possible.

DR. CARTER, a diagnostic radiologist specializing in ultrasound imaging, graduated from the Medical College of Wisconsin. He did a fellowship in ultrasound and CT scans at Yale-New Haven Hospital and is chief of ultrasound at Waterbury Hospital. Ultrasound has broad applications-finding gallstones, blood clots, narrowed arteries, appendicitis, breast tumors, thyroid nodules and other conditions. He sees it as an extension of the physical exam.

DR. HYSON, an expert in interventional radiology, graduated from the University of Pennsylvania School of Medicine. He completed a residency in diagnostic radiology at Yale-New Haven Hospital. He has special certification in vascular and interventional radiology and is an associate clinical professor at the Yale School of Medicine. He uses diagnostic imaging for mammography, but also performs needle biopsies, drains abscesses, inserts stents and catheters and treats varicose veins, all guided by his understanding of anatomical imaging.

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Accreditation Society of Interventional Pain Physicians
American Society of Interventional Pain Physicians
International Spine Intervention Society
North American Spine Society

RAHUL S. ANAND, M.D.

DR. RAHUL ANAND graduated from Boston University School of Medicine. During his internship in internal medicine at Boston Medical Center, he saw a sickle cell disease patient get quick relief from chest pain with a single epidural. This inspired him to specialize in pain medicine, then still in its infancy as a subspecialty of anesthesiology and, at that time, still called pain management. He did a four-year residency in anesthesiology and pain medicine at the Hospital of the University of Pennsylvania and completed an additional year of fellowship training in the subspecialty of pain medicine. He has a special certification in pain medicine through the American Board of Anesthesiology. He also earned a degree in medical acupuncture from Stanford University. Dr. Anand has been published in journals on pain medicine and anesthesiology and provides expert opinions in this field.

Dr. Anand sees new patient referrals very quickly and offers "a whole spectrum of options" in pain medicine. There are effective non-opioid multi modal treatment plans that deliver good clinical outcomes with reduced risk. "The concept of just narcotics to treat pain and overly sedate pain is not a paradigm that we use in our comprehensive practice," he says. Pain medicine also encompasses assessing patients from a psychological standpoint for cognitive behavioral therapy, coping skills, breathing techniques, and even vocational training education.

Other pain medicine options include thermal rhizotomy (RFA) for chronic neck and lower back arthritis, spinal cord stimulation for unsuccessful back surgery and targeted-epidural injections for disc herniations. Dr. Anand also has experience with cancer pain management, post-surgical pain syndromes, cervicogenic-headaches, and shingles. He also offers clinical trials and complimentary alternative medicine (CAM), including medical acupuncture and core-exercise education. Dr. Anand is well-regarded as a conservative and comprehensive pain specialist among his peers.

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New England Surgical Society
American Medical Association
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JONATHAN ARANOW, M.D., FACS

DR. JONATHAN ARANOW is a nationally recognized leader in the fields of bariatric surgery and surgery for the treatment of gastroesophageal reflux disease (GERD). After completing his Harvard based surgical training in 1999, he established his Middletown and Old Saybrook based surgical practice. Since that time, he has been at the forefront of advancements in the surgical treatments of morbid obesity and GERD. "I love being able to help my patients to achieve long-term weight loss and restore their health and quality of life. It's a thrill to call a patient's primary care physician and report that in just a few months we've cured an individual's diabetes, hypertension, and sleep apnea."

Dr. Aranow was the first surgeon in Connecticut certified in the revolutionary new LINX procedure. With this procedure, a small magnetic ring is implanted to improve function of the lower esophageal sphincter and prevent acid regurgitation from the stomach. This minimally invasive outpatient procedure typically cures heartburn and reflux instantly.

Dr. Aranow is adept at all available bariatric surgical techniques including gastric bypass, sleeve gastrectomy, and Lap-Band. Most of these procedures typically utilize da Vinci robotic technology to improve surgical outcomes and recovery.

In 2001, Dr. Aranow was instrumental in the creation of the Middlesex Hospital Center for Weight Loss Surgery. The Center has been awarded the highest level of accreditation from the American College of Surgeons for its demonstrated track record of safety and success following thousands of bariatric surgery procedures. The designation also recognizes nursing and professional excellence of the staff members who are involved in the care of bariatric surgery patients. The Middlesex Hospital Center for Weight Loss Surgery is a comprehensive medical, educational and supportive program.

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JOHN N. AWAD, M.D.

DR. JOHN N. AWAD graduated from Cornell University with a B.S. in engineering. He worked for a year as an engineer in medical devices and then went on to earn his medical degree from the Robert Wood Johnson Medical School of the University of Medicine and Dentistry of New Jersey. He did his internship in general surgery and residency in orthopaedic surgery at world renowned Johns Hopkins University Hospital. He also completed a fellowship in spine surgery at the New York University Medical Center and NYU Hospital for Joint Diseases.

He is fascinated with the spine because "it is one of the most demanding areas," he says. "We still don't have all the answers. It's a challenge every day trying to figure out diagnoses and new treatments." Every patient is different, and he treats those who suffer from an array of conditions ranging from simple problems to the most difficult ones.

He specializes in spine problems with cervical spine being his passion. He approaches each patient's care thoroughly and in a methodical manner, addressing every issue. "My goal is trying to use the least invasive methods to treat my patients before considering a surgical route," he says. "Surgery doesn't help everyone. A lot of patients can be treated non-operatively," and he initiates their care and engages a multidisciplinary approach that includes several specialists.

Nevertheless, he says, "With the right surgery for the right patient for the right indication, patients can do very well." He collaborates with doctors and exceptional spine teams at both St. Vincent's Medical Center and Bridgeport Hospital. "It took a lot of time and effort to build the team," he says of the dedicated staff.

In his practice at Orthopaedic Specialty Group, there is a multi disciplinary spine and orthopaedic team including physical therapy, a surgical center and a walk-in center named Orthofast for people who need to be seen emergently for any orthopaedic care.

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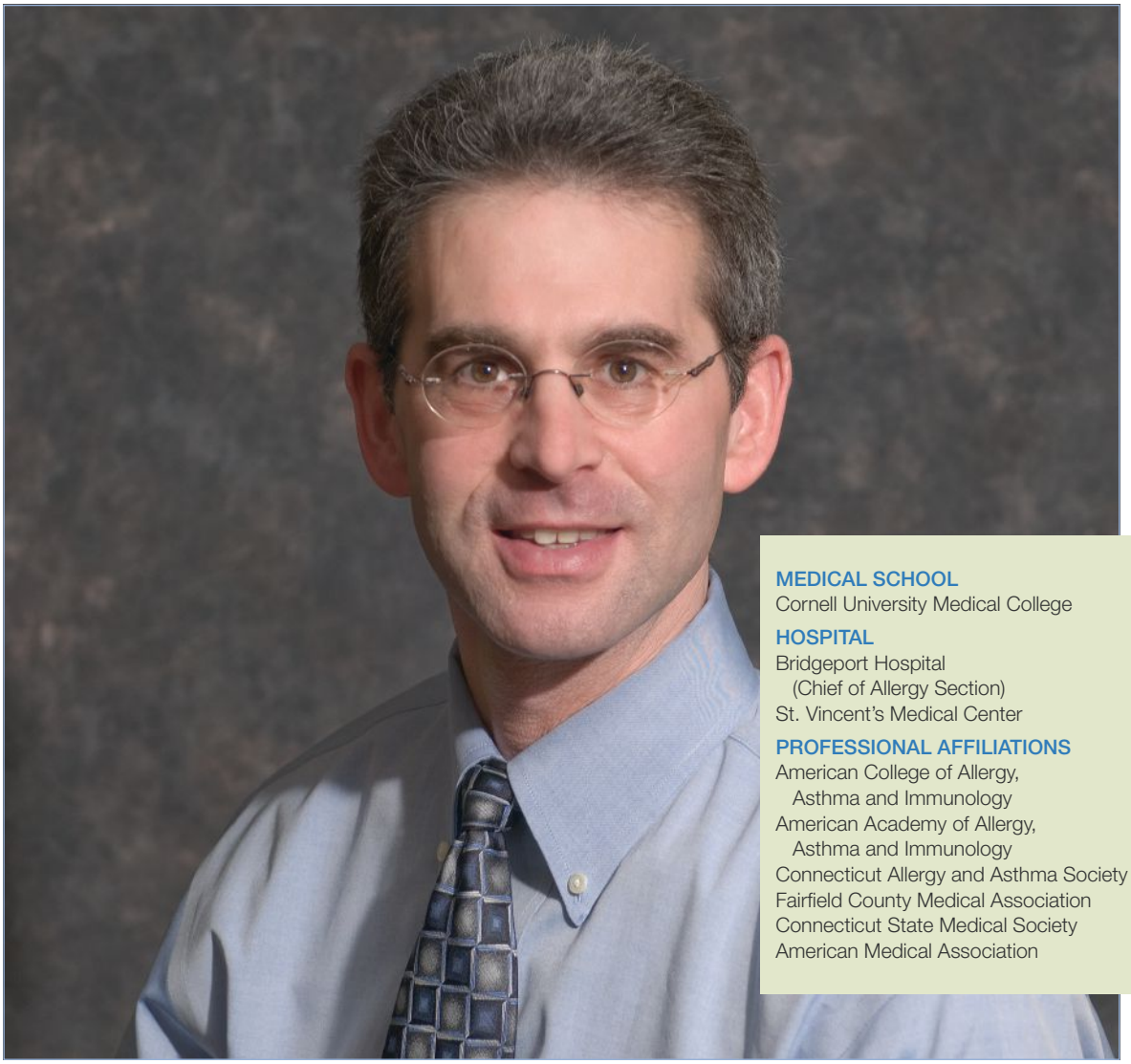

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KENNETH S. BACKMAN, M.D.

DR. KENNETH S. BACKMAN understands firsthand how his patients feel. "I have suffered with nasal allergies, asthma and food allergies myself since childhood," he says. He founded Allergy and Asthma Care of Fairfield County with the goal of helping patients feel better with the most effective treatments available.

Dr. Backman earned his B.S. cum laude with distinction in biology at Yale and his medical degree from Cornell before completing his internship and residency at the University of Chicago Hospital. He completed a fellowship in adult and pediatric allergy and immunology at Northwestern Memorial and Children's Memorial hospitals in Chicago. Board-certified in allergy and immunology, he is a clinical instructor at Columbia, and chief of the section of allergy at Bridgeport Hospital. He has published numerous articles on allergies and served on the editorial board of the *Annals of Allergy, Asthma, and Immunology*.

Dr. Backman and colleagues Drs. Irena Veksler and Katherine Bloom trained at top academic hospitals, where they treated patients with a wide variety of allergies. They coordinate care of adult and pediatric patients with other providers. In their comfortable, state-of-the-art office (which offers extended hours), they offer compassionate, personalized care and an advanced, academic-center-quality approach to determine what triggers symptoms and provides relief. Dr. Backman notes that many people "don't take allergies seriously" and often ignore them until they cause other problems. Allergies can lead to recurrent sinus infections, and "sinusitis can trigger asthma, ear infections and other complications," he explains. "Asthma can be life-threatening when undertreated. There are many measures you can take that are specifically geared to the allergies you have. I understand as a physician and as a patient what my patients experience, and I am fully committed to helping them control or conquer their allergies with the best treatments available."

ALLERGY & ASTHMA CARE OF FAIRFIELD COUNTY, LLC

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500 Monroe Tpke., Ste. 205, Monroe • (203) 445-1960
allergyandasthmacare.com

From left: Dr. Alan Reznik, Dr. Shirvinda Wijesekera and Dr. Richard Bernstein

RICHARD A. BERNSTEIN, M.D., ALAN M. REZNIK, M.D., M.B.A., SHIRVINDA WIJESEKERA, M.D.

DR. RICHARD A. BERNSTEIN *(right)* trained at the UConn School of Medicine and did a fellowship at Harvard's Brigham and Women's Hospital in hand and upper extremity surgery. He holds a CAQ for Surgery of the Hand and treats patients with all hand and upper extremity problems, particularly wrist fractures, carpal tunnel syndrome and arthritis. He published *Arthritis of the Hand and Upper Extremity: A Master Skills Publication* for the American Society for Surgery of the Hand and is active in ASSH. On a national level, he currently serves on five ASSH committees, the midcareer leadership program and Chairman of the Scientific Exhibits Committee and council for the New England Hand Society. Lastly, his patent for an elbow implant is under development.

DR. ALAN M. REZNIK *(left)* earned his B.S. in chemical engineering at Columbia and his M.D. at the Yale School of Medicine. He trained at Mount Sinai and completed fellowships in orthopaedics at Oxford University and in arthroscopic surgery and sports medicine at UCSD. For 26 years, he has been a renowned expert on knee ligament reconstruction and arthroscopic techniques for shoulder and knee repair. He holds six patents and some of his demonstrations are on YouTube.com (DrAReznik). The author of two books for patients, he was selected to serve on the communications council of the American Academy of Orthopedic Surgeons.

DR. SHIRVINDA WIJESEKERA *(center)* graduated from Boston University School of Medicine as a member of Alpha Omega Alpha. He completed his residency in orthopaedic surgery at the Los Angeles County USC Medical Center, where he was awarded the Marshall Schiff and Herman Epstein awards. He completed fellowship training in spinal surgery at the UC Davis Medical Center in Sacramento. He is a member of the Scoliosis Research Society, and also volunteers to treat spinal deformity overseas. Dr. Wijesekera performs adult and pediatric spinal surgery, including spinal deformities, minimally invasive surgery and spinal trauma.

THE ORTHOPAEDIC GROUP – a division of Connecticut Orthopaedic Specialists, PC

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30 Commerce Park, Milford • (203) 865-6784
100 Broadway, North Haven • (203) 865-6784
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DAVID A. BOMBACK

MEDICAL SCHOOL
Columbia College of Physicians and Surgeons

HOSPITAL
Danbury Hospital/Western Connecticut Health Network

PROFESSIONAL AFFILIATIONS
North American Spine Society
Yale Orthopaedic Association
Fellow, American Academy of Orthopaedic Surgeons
Diplomate, American Board of Orthopaedic Surgery
Alpha Omega Alpha

DAVID L. KRAMER

MEDICAL SCHOOL
Dartmouth Medical School

HOSPITAL
Danbury Hospital/Western Connecticut Health Network

PROFESSIONAL AFFILIATIONS
Cervical Spine Research Society
Fellow, American Academy of Orthopaedic Surgeons
Diplomate, American Board of Orthopaedic Surgery
Alpha Omega Alpha
Harvard Orthopaedic Alumni Association

DAVID A. BOMBACK, M.D., DAVID L. KRAMER, M.D.

Connecticut Neck & Back Specialists, LLC, is a Danbury-based surgical practice dedicated to the management of spinal disorders. By focusing on treating complex spinal deformities and spinal revision surgeries, its fellow-trained surgical team of Dr. David L. Kramer and Dr. David A. Bomback provides the highest quality, evidence-based management of spinal disorders. In addition to treating degenerative and traumatic disorders of the cervical and lumbar spine, theirs is one of the few state practices with special expertise treating the potentially debilitating conditions of scoliosis and kyphosis in both adults and adolescents. Web-based second opinions, including a personal conversation with our surgeons, are available at secondopinion-spine.com. Visit this website for details regarding our virtual consultation service.

DR. DAVID A. BOMBACK, a graduate of Columbia University College of Physicians and Surgeons, completed his orthopedic residency at Yale-New Haven Hospital and a spine and scoliosis fellowship at the Hospital for Special Surgery in Manhattan. He is the medical director of the Orthopedic-Neurosurgery Unit at Danbury Hospital. According to Dr. Bomback, "We have seen dramatic changes in the field of spinal surgery over the past decade. Not only has the technology vastly improved, but our ability to treat patients in a less invasive manner is truly remarkable. Procedures in the past that warranted a three- to four-day hospital admission are now routinely being done as outpatient surgery."

DR. DAVID L. KRAMER, a Dartmouth Medical School graduate, completed the Harvard orthopaedic residency program at Massachusetts General Hospital and his orthopedic/neurological fellowship in spine surgery at the Rothman Institute at Thomas Jefferson Hospital. He served for ten years on the board of directors at Western Connecticut Health Network. He is also Chief, Section of Spinal Surgery at Danbury Hospital. "When it comes to considering spine surgery, we realize many decisions can be hard to make. By taking the time to educate our patients, we help to make informed decisions regarding the best surgical or nonsurgical treatments. It's not only about a consistently good surgical outcome; it's about patient satisfaction."

CONNECTICUT NECK AND BACK SPECIALISTS, LLC

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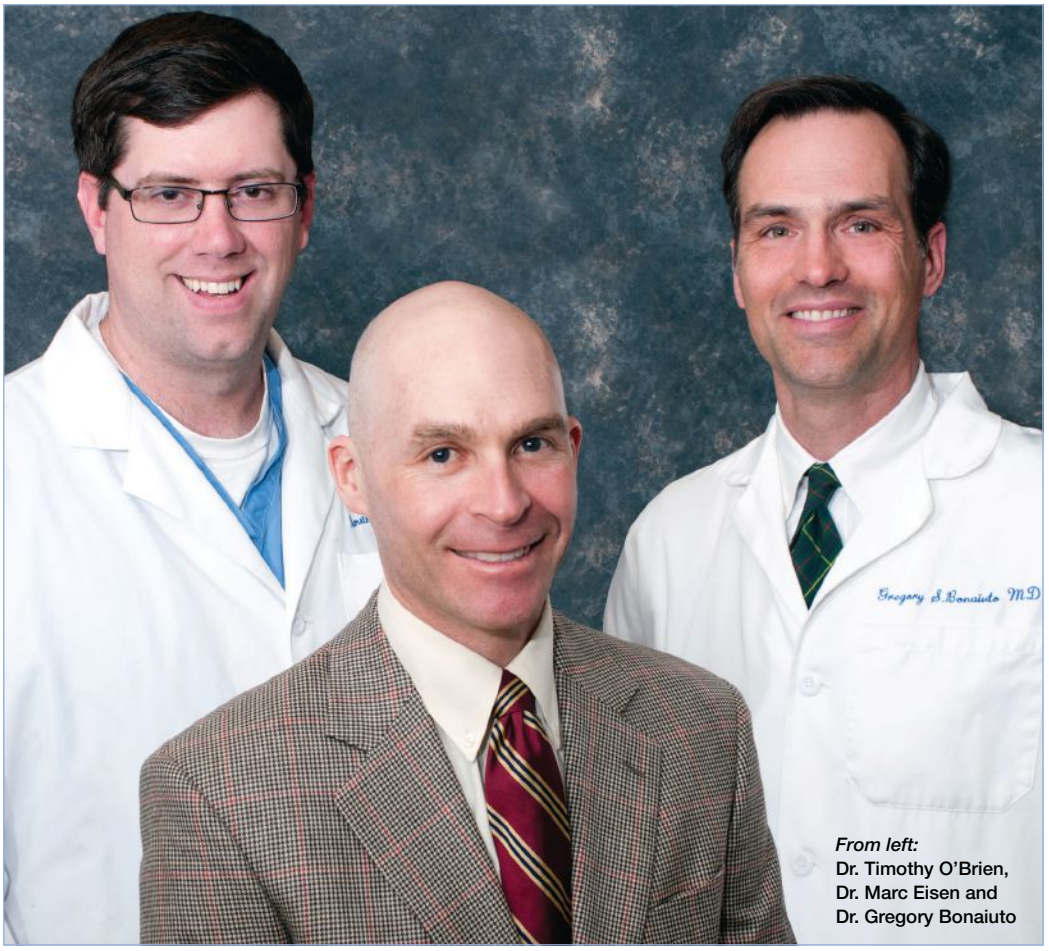

From left:
Dr. Timothy O'Brien,
Dr. Marc Eisen and
Dr. Gregory Bonaiuto

GREGORY BONAIUTO, M.D., MARC EISEN, M.D., TIMOTHY O'BRIEN, M.D.

DRS. BONAIUTO, EISEN AND O'BRIEN are otolaryngologists at Connecticut Ear, Nose & Throat Associates, a large patient center-oriented practice that has state-of-the-art diagnostic equipment, an allergy department and an audiology department with three audiologists. The practice is also affiliated with a dizziness clinic in West Hartford. The physicians pride themselves on taking their time with patients and being available for them. They work with patients' other doctors for excellent coordinated care. The practice also has an advanced patient portal to provide patients with 24/7 access to the office.

Dr. Gregory Bonaiuto graduated from Yale University and earned his medical degree from UConn. He completed his internship in general surgery and residency in otolaryngology head and neck surgery at the UConn Health Center. He specializes in sinus surgery, allergy, pediatrics and head and neck surgery. He is on the faculty at UConn School of Medicine. He received The Gerald Leonard, M.D. Award for Excellence in Resident Teaching and Advocacy.

Dr. Marc Eisen is a graduate of Northwestern and he earned his medical degree and Ph.D. from the University of Pennsylvania School of Medicine. He completed a general surgery internship and otolaryngology residency there and did a neurotology fellowship at Johns Hopkins University. He won numerous research awards from the American Academy of Otolaryngology and National Institutes of Health. As of one of Connecticut's few neurotologists, Dr. Eisen treats dizziness, cholesteatoma, acoustic neuromas, lateral skull base tumors, facial nerve, hearing loss and implantable hearing prostheses.

Dr. Timothy O'Brien earned his medical degree from University of Connecticut School of Medicine, where he did his residency in otolaryngology. He treats allergies, chronic sinus disease and adult and pediatric sleep disorders. Dr. O'Brien specializes in thyroid and parathyroid surgery. In addition, he uses the newest technology to perform minimally invasive in-office sinus and vocal cord procedures.

CONNECTICUT EAR, NOSE AND THROAT ASSOCIATES, PC

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15 Palomba Dr., 1st Fl., Enfield • (860) 493-1950
300 Hebron Ave., Ste. 202, Glastonbury • (860) 659-2759
2800 Tamarack Rd., South Windsor • (860) 659-2759
499 Farmington Ave., Ste., 210, Farmington • (860) 676-2472
Hartford Hospital Hearing and Balance Center
65 Memorial Rd., Ste. 200, West Hartford • (860) 493-1950
ctentonline.com

MICHAEL G. BRAND, M.D., JOSEPH DIGIOVANNI, M.D., ROSS HENSHAW, M.D., JOHN G. LUNT, M.D.

DR. MICHAEL BRAND specializes in sports medicine and treating knee and shoulder problems. He trained in the Harvard University Combined Orthopedic Program in Boston and completed his fellowship in San Diego. He performs state-of-the-art, minimally invasive, arthroscopic knee and shoulder surgery, and reconstructive knee surgery including total and partial knee replacements. He has extensive experience in treating the knee and its full spectrum of issues from torn menisci to complex reconstructive surgeries. "It's critical to understand the remarkable complexities of knee mechanics in order to properly assess, diagnose and deliver superior treatment to patients."

DR. JOSEPH DIGIOVANNI treats problems of the upper extremities. He trained at Mount Sinai Hospital and Hospital for Joint Diseases/NYU. He treats complex hand issues including nerve compressions (carpal tunnel syndrome), osteoarthritis in the hand, trigger fingers, volar plate injuries (jammed fingers) and wrist injuries and fractures. He also treats elbow problems including cubital tunnel syndrome and performs total elbow replacements. Many of his patients are athletes, musicians and workers with hand injuries.

DR. ROSS HENSHAW graduated Johns Hopkins University and Columbia University's College of Physicians and Surgeons. He did a fellowship in sports medicine and shoulder surgery at the Hospital for Special Surgery where he learned advanced arthroscopic techniques to treat shoulder, knee and hip injuries through incisions no wider than a fingernail. With a tiny camera, he has better visualization of the injury and micro tools to repair tissues with minimal trauma. At Columbia, he learned innovative shoulder replacement surgery using techniques that spare bone tissue and foster easier recovery. An athlete himself, he sympathizes with his patients and tries to get them back on track as soon as possible.

DR. JOHN LUNT specializes in surgery of the upper extremities, focusing on minimally invasive endoscopic and arthroscopic techniques. He trained at St. Luke's/Roosevelt Hospital, Long Island Jewish Medical Center and completed a fellowship in hand surgery at Columbia Presbyterian. As medical co-director at the Hand Center of Western Connecticut, he earned a reputation as the go-to doctor for problems others cannot identify. With superior diagnostic tools, he excels at recognizing nerve compression syndromes and problems that are common but hard to detect.

DANBURY ORTHOPEDICS
226 White St., Danbury • (203) 797-1500 • dortho.com

JEFFREY J. BROOKS

MEDICAL SCHOOL:
Columbia University College of Physcians and Surgeons

RESIDENCY:
Brown University/Rhode Island Hospital

FELLOWSHIPS:
Orthopaedic Trauma - Brown University
Hand and Upper Extremity Surgery - St Luke's - Roosevelt Hospital NYC

HOSPITALS:
Stamford Hospital, Norwalk Hospital

BOARD CERTIFICATION:
American Board of Orthopaedic Surgery

CRAIG D. TIFFORD

MEDICAL SCHOOL:
Albert Einstein College of Medicine

RESIDENCY:
Albert Einstein College of Medicine/ Montefiore Medical Center

FELLOWSHIP: Southern California Center for Sports Medicine

HOSPITALS:
Stamford Hospital, Norwalk Hospital

BOARD CERTIFICATIONS:
American Board of Orthopaedic Surgery
American Board of Orthopaedic Surgery, Sports Medicine Subspecialty

JEFFREY J. BROOKS, M.D., CRAIG D. TIFFORD, M.D.

DRS. JEFFREY J. BROOKS and CRAIG D. TIFFORD are part of the team along with Drs. Frank DiFazio, Adam Brodsky, Steve Massimi and Ted Blaine at Stamford & New Canaan's Orthopaedic Surgery & Sports Medicine, an exclusively fellowship-trained, multidisciplinary group that offers sub-specialized care focused on specific musculoskeletal injuries and conditions.

Dr. Brooks graduated Columbia University College of Physicians and Surgeons and completed a fellowship in hand, microvascular and upper extremity surgery at St. Luke's-Roosevelt Hospital Center/Columbia University and in orthopedic trauma at Brown University School of Medicine/Rhode Island Hospital. His expertise includes minimally invasive hand surgery, and complex trauma reconstruction. He was the first surgeon in Stamford to perform complex pelvic fracture surgery and the first surgeon in Stamford to offer endoscopic carpal tunnel release. He has been invited back four years in a row to instruct at the AAOS Orthopaedic Learning Center teaching at the Oral Board Exam Review Course. He has also published articles and lectured on orthopaedic trauma and hand surgery on an international level. Dr. Brooks has a limited patient schedule and prides himself in spending time with patients, making problem assessment and patient education and understanding of their disease process a central part of his treatment plan.

Dr. Tifford received his medical degree from the Albert Einstein College of Medicine in the Bronx, New York. He then did his Orthopedic Surgical Residency at Montefiore Medical Center/Albert Einstein College of Medicine. He completed his Sports Medicine fellowship training at the internationally recognized Southern California Center for Sports Medicine in Long Beach, California.

Board-certified by the American Board of Orthopedic Surgery and sub-specialty board-certified by the American Orthopedic Society for Sports Medicine, Dr. Tifford is the author of numerous scientific articles and book chapters and has presented and lectured at meetings nationwide. He has appeared on radio and television including WABC, Fox and Connecticut News Channel 12. His areas of interest and expertise include athletic injuries, arthroscopy and reconstruction of the knee and shoulder joints. Dr. Tifford is an Associate Master Instructor at the Orthopedic Learning Center, where he is involved in the teaching of arthroscopic surgery skills to surgeons from all over the world.

This is Dr. Tifford's and Brooks' fifth consecutive year being chosen as one of CT's Top Doctors.

ORTHOPAEDIC SURGERY & SPORTS MEDICINE, PC

1290 Summer St., Ste. 4400, Stamford • (203) 323-7331 • 166 Cherry St., New Canaan • (203) 323-7331 • ossm.net

From left: Dr. Keith Zuccala, Dr. Stuart Bussell, Dr. Laura Choi

STUART BUSSELL, M.D., LAURA CHOI, M.D., KEITH ZUCCALA, M.D.

DRS. KEITH ZUCCALA, LAURA CHOI AND STUART BUSSELL, are Fellows of the American College of Surgeons and work in the Western CT Health Network. Their practice is primarily based at Danbury Hospital and they belong to the Western CT Medical Group. There are a total of eight Surgeon Specialists who perform all manners of Surgical procedures including, General Surgery, Hepatobiliary, Colorectal, Robotic, Breast, & Bariatric Surgery, in their Practice.

Dr. Keith Zuccala is the Chairman of the Department of Surgery at Danbury & New Milford Hospitals and holds The Carmen Lucia and Peter Buck Endowed Chair of Surgery. Dr. Zuccala is fellowship trained in Endoscopic Surgery and specializes in minimally invasive approaches to Bariatric Surgery. He has been working at Danbury Hospital since 2001 and has published several papers in the pioneering techniques of Microlaparoscopy.

Dr. Laura Choi is the Section Chief of General Surgery at Danbury Hospital and the Director of the Center for Weight Loss Surgery at Danbury Hospital, and holds the Fred and Irmi Bering Chair in Laparoscopic Surgery. Dr. Choi is fellowship trained in Minimally Invasive Surgery and specializes in Minimally Invasive surgical techniques, bariatric surgery and robotic surgery.

Dr. Stuart Bussell is the Director of Colorectal Surgery at Danbury Hospital and holds the Harold and Cora Spratt Chair in Colon and Rectal Surgery. Dr. Bussell is fellowship trained in Colorectal Surgery and specializes in care of diseases of the colon, and anorectal disease. He is the expert in the treatment of both cancer and benign diseases of this variety.

Drs. Zuccala, Bussell & Choi along with their partners, Drs. Borruso, Fukumoto, Orlina, Staradub, and Kleiner offer comprehensive surgical care in multiple surgical specialties and strive to provide personalized, high quality and transformative care to their patients, achieving optimal outcomes while respecting the dignity and individual concerns of each patient they care for in WCHN.

WESTERN CONNECTICUT MEDICAL GROUP, SURGERY

111 Osborne St., Ste. 123, Danbury • (203) 739-7131
Obesity.help.com / Center for Weight Loss Surgery
WesternConnecticutMedicalGroup.org

STEPHEN CALDERON, M.D., HOWARD LANTNER, M.D.

Board-certified neurosurgeons STEPHEN CALDERON and HOWARD LANTNER are experts in surgery of the brain and spine. They treat a wide range of spine and brain disorders both non-surgically and surgically when needed. They each have maintained their private neurosurgical practice for over 20 years. All surgical procedures are performed personally by them and they do not utilize residents or students in any surgery. They maintain privileges at Saint Francis Hospital, Hartford Hospital and ECHN in addition to outpatient surgery centers in Glastonbury and Hartford.

Both Drs. Lantner and Calderon are part of the Spine Institute of Connecticut at Saint Francis Hospital. This has promoted collaborative review of challenging cases as well as participation in a national databank to track and analyze outcomes. This has resulted in very effective management of patients with spine problems. All surgical procedures are performed in a state-of-the-art operating room with the latest technology.

Dr. Lantner has received numerous "Top Doc" awards. He is one of the few spine fellowship trained neurosurgeons in Hartford County and has extensive experience with minimally invasive procedures and complex spine surgery. He is the co-director of the Spine Institute of Connecticut at Saint Francis Hospital. He has been the leading surgeon in Connecticut for outpatient spine surgery and the majority of spine surgery in his practice is performed as a same day outpatient procedure. He is available to see patients in Glastonbury, Farmington, Hartford and Enfield offices. For additional information, see howardlantnermd.com.

Dr. Calderon has been in practice for over 25 years and specializes in treating a full spectrum of both cranial and spinal disorders. He utilizes the latest techniques and technologies, including minimally invasive cranial and spinal surgery and CyberKnife radiosurgery in both inpatient and outpatient settings. He is Chief of Neurosurgery at Saint Francis. His strong belief in delivering personal, compassionate care to his patients throughout their treatment has resulted in numerous "Top Doctor" awards in *Connecticut* and *Hartford* magazines. He sees patients in Hartford and Enfield offices.

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704 Hebron Ave., Ste. 103, Glastonbury • (860) 522-7121
11 South Rd., Ste. 250, Farmington • (860) 522-7121
7 Elm St., Ste. 207, Enfield • (860) 522-7121

DR. MICHAEL A. CASSETTA

MEDICAL SCHOOL
Kansas City University of Medicine and Biosciences

HOSPITALS
St. Vincent's Medical Center
Bridgeport Hospital
Griffin Hospital

PROFESSIONAL AFFILIATIONS
American College of Rheumatology

DR. GLENN M. RICH

MEDICAL SCHOOL
Weill Cornell Medical College

HOSPITALS
Saint Vincent's Medical Center
Bridgeport Hospital

PROFESSIONAL AFFILIATION
The Endocrine Society
American Diabetes Association
American Association of Clinical Endocrinologists

MICHAEL A. CASSETTA, D.O., GLENN M. RICH, M.D.

DR. MICHAEL A. CASSETTA and DR. GLENN RICH are part of Fairfield County Medical Group, a five physician multi-specialty internal medicine practice.

Dr. Cassetta received his B.A. from the University of Notre Dame and his D.O. from Kansas City University of Medicine and Biosciences. He completed his residency in internal medicine at St. Barnabas Hospital in the Bronx and his fellowship in rheumatology at Mount Sinai Medical Center in Manhattan. As a rheumatologist, he treats patients who suffer from a wide range of musculoskeletal and connective tissue diseases including rheumatoid arthritis, fibromyalgia, lupus, osteoarthritis, osteoporosis, gout, psoriatic arthritis, autoimmune diseases, and inflammatory disease. He performs thorough evaluations and works with patients' other physicians to provide optimal care for people. He enjoys the long-term relationships he develops with patients, and educates them about their disorders, risks, lifestyle changes, and new treatment options. He also volunteers and serves as an officer for the Newtown Underwater Search and Rescue Team.

Dr. Rich, a graduate of Cornell University Medical College, treats patients with diabetes, thyroid disease, osteoporosis, obesity, adrenal disorders and other metabolic syndromes. He did his internal medicine residency at St. Luke's Hospital, Columbia University College of Physicians and Surgeons, and his fellowship in endocrinology and hypertension at Brigham and Women's Hospital, Harvard Medical School. He enjoys practicing both endocrinology and internal medicine and was previously honored to have been named a "Top Doc" in Internal medicine in addition to his "Top Doc" honors in endocrinology.

"Obesity is a growing medical problem causing multiple complications such as diabetes," Dr. Rich says. "We have exciting new therapies to help treat this disorder." He has been recognized by both the American Diabetes Association and the Diabetes Recognition Program of the National Committee for Quality Assurance for providing quality care to his patients with diabetes. In addition to his traditional medical practice, Dr. Rich offers concierge medicine in both internal medicine and endocrinology for a small group of patients.

FAIRFIELD COUNTY MEDICAL GROUP, PC
15 Corporate Dr., Trumbull • (203) 459-5100 • fairfieldcountymedical.com

RONIKA D. CHOUDHARY, M.D.

DR. RONIKA D. CHOUDHARY has been chosen a Top Doc in Connecticut for the past six years. She has earned a stellar reputation for providing compassionate, comprehensive care for women of all ages and reproductive phases. She has a team of capable like-minded women, OB/GYNs Dina Barnaby, D.O., Kikelomo Otuyelu-Garritano, M.D., and Lealani Rodriguez, M.D. The multicultural group of providers reflect their diverse patient population and speak English, Spanish, Hindi and Panjabi. They love what they do as they empower women when it comes to health and well-being. They are women dedicated to taking care of women. The team maintains a small practice feel yet offers collaborative care with nutritionists, psychologists and providers of alternative medicine, offering a holistic approach to women's health.

"We are in the process of refining and honing comprehensive care for our patients by providing support for women through postpartum support groups, as well as birthing classes and lactation support and nutritional counseling," she explains. "We try and provide same day care for patients who need to be seen for acute issues. We want to be available especially when we are needed. We provide services in general gynecology, adolescent gynecology, low and high risk obstetrics, minimally invasive gynecology surgery and menopausal transition."

Dr. Choudhary and her colleagues believe in educating their patients about their health and prevention of disease. They treat the whole person in a warm and nurturing practice. "I believe women's concerns are not often heard." She and the other providers in her practice listen attentively to patients and evaluate their personal circumstances, habits and stressors that affect their overall health and well-being.

WOMEN'S OBSTETRICS & GYNECOLOGY, PC

115 Technology Dr., Ste. A200, Trumbull • (203) 268-2239 • womensobandgyn.com

MICHAEL K. COHENURAM, M.D., ROBERT B. COOPER, M.D., ROBERT A. KLOSS, M.D.

Drs. Michael Cohenuram, Robert Cooper and Robert Kloss are members of a nine-member oncology group that practice as part of the Praxair Cancer Center, Danbury Hospital and Diebold Family Cancer Center, New Milford Hospital. The Center emphasizes a collaborative team approach in treating patients, working very closely with specially trained surgeons and radiation oncologists. "We strive to provide cutting-edge, compassionate care for our patients," says Dr. Kloss.

DR. MICHAEL COHENURAM (right) received his medical degree from Mount Sinai School of Medicine in New York City, followed by his internship and residency at Brown Medical School's Rhode Island Hospital/The Miriam Hospital and a medical oncology fellowship at Yale Cancer Center. He is board-certified in internal medicine, medical oncology and hematology and is a member of the American Society of Clinical Oncology. Dr. Cohenuram is the Director of Breast Cancer Services and Co-Director of Clinical Research.

DR. ROBERT COOPER (left) earned his medical degree at the University of Pittsburgh School of Medicine, followed by an internship and residency at Philadelphia's Pennsylvania Hospital and a fellowship at the University of Colorado Medical Center's Department of Hematology-Oncology. He later served in the United States Army Medical Corp's Walson Army Hospital in New Jersey. He is board-certified by the American Board of Internal Medicine in both internal medicine and medical oncology, has led the breast cancer program at the Praxair Cancer Center, and is a founder of Ann's Place, a Danbury-based cancer support organization.

DR. ROBERT KLOSS (center) is chief of hematology/oncology at Western Connecticut Health Network and medical director of the Regional Hospice of Western Connecticut in Danbury. He received his medical degree from Jefferson Medical College at Thomas Jefferson University in Philadelphia followed by an internship and residency at SUNY Buffalo. He completed a fellowship in hematology/oncology at Columbia Presbyterian Medical Center in New York City. He is board-certified in internal medicine, medical oncology, hospice and palliative medicine.

WESTERN CONNECTICUT MEDICAL GROUP, DANBURY HOSPITAL PRAXAIR CANCER CENTER
95 Locust Ave., Danbury • (203) 739-7029 • danburyhospital.org

From left: Dr. Michael Simms III, Dr. Joel Garsten and Dr. Mitchel Chere

FRANKLIN MEDICAL GROUP

Franklin Medical Group, a multispecialty group affiliated with Saint Mary's Health System, is comprised of more than 70 physicians in various fields at more than 20 offices in Connecticut. All are committed to providing state-of-the-art medical care in warm, patient-friendly settings and maintaining a clinical edge. The Franklin Medical Group is proud to acknowledge the recognition of six of its outstanding, dedicated physicians – Drs. Joseph Bowen, Mitchel Chere, Joel Garsten, Albert Marano, Michael Simms and Ronald Zlotoff – as Connecticut "Top Docs."

DR. MICHAEL SIMMS III graduated from New York Medical College. He did his internship and residency at Stamford Hospital, where he was inspired by Dr. Michael Parry to study infectious diseases. He completed a fellowship in that specialty at Brown University School of Medicine. He is passionate about the field of infectious diseases because the "whole idea of preventing disease instead of waiting for someone to get sick in medicine is unique." A history buff, he notes the impact of infections on the human race and how diseases have helped shaped history. "We know precisely why infections occur, why they do what they do [and] how the body responds." He accepts new patients through physician referrals and has earned a reputation among his peers as the go-to guy for complicated cases that are difficult to diagnose or for opinions about treatment. He is also involved in travel medicine and is a widely sought-after speaker.

DR. JOEL GARSTEN earned his medical degree from Georgetown University Medical School and completed his residency at Cornell Cooperative Hospital. He did a fellowship in Gastroenterology through the Yale-affiliated GI program at Waterbury Hospital and Yale-New Haven Hospital and Hospital of St. Raphael. He is a fellow in the American College of Gastroenterology, American Gastroenterology Association, and American College of Physicians. He is board certified in Internal Medicine and Gastroenterology. He specializes in all areas of gastroenterology and hepatology and introduced home parenteral nutrition and new endoscopic procedures to Waterbury.

DR. MITCHEL CHERE earned his medical degree from the University of Guadalajara, where he graduated first in a class of 500 American students. He completed an internship and residency in Obstetrics and Gynecology at the UConn School of Medicine, where he is an associate clinical professor. He is board-certified in Obstetrics and Gynecology and founded a successful OB/GYN practice in Waterbury 29 years ago. He was an early leader in minimally invasive surgery and among the first to perform advanced laparoscopic procedures in the state. In 2010 he joined Saint Mary's Health System, where he practices gynecology exclusively. He is honored to be selected by his peers as a Top Doctor in Connecticut and Top Doctors

From left: Dr. Ronald A. Zlotoff and Dr. Albert Marano

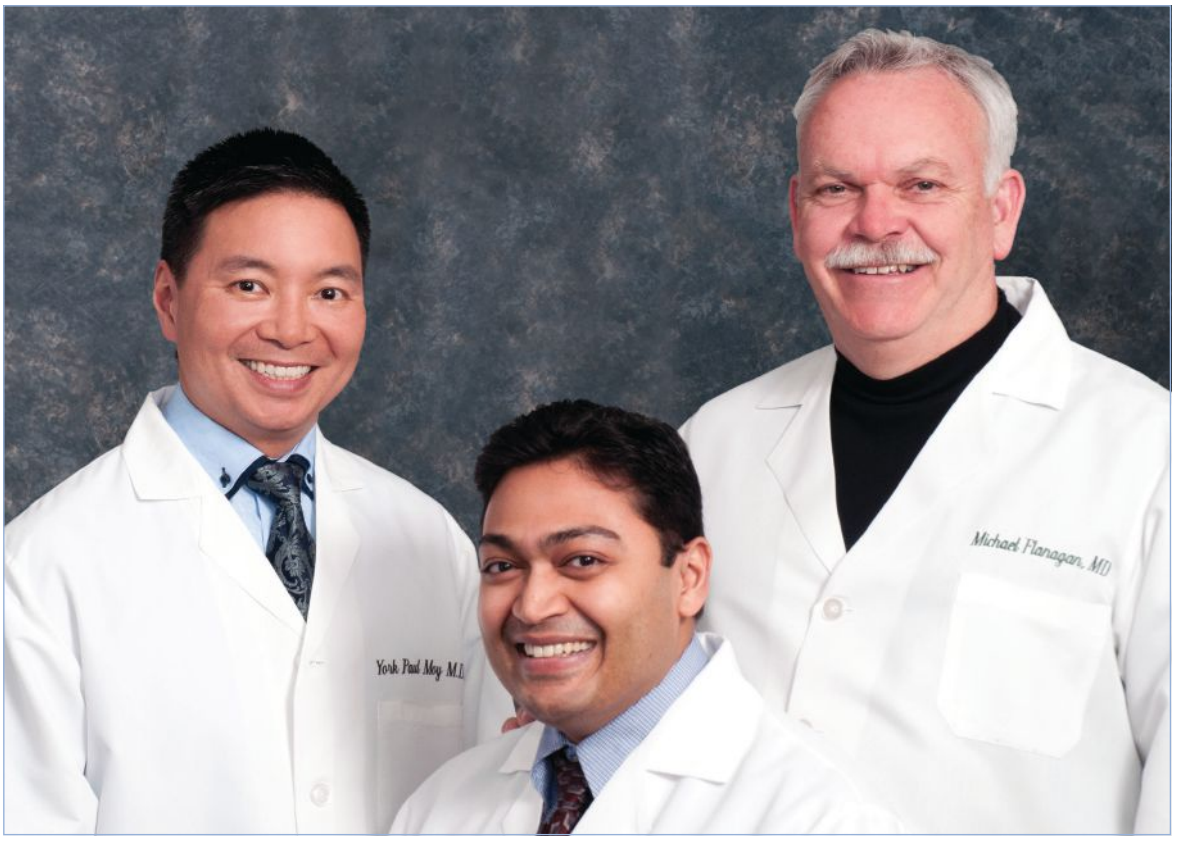
in America consistently. He is grateful to his family, his loyal patients and for the opportunity to be exclusively loyal to Saint Mary's Hospital and its outstanding team of caregivers and teachers.

DR. RONALD A. ZLOTOFF earned his medical degree at the University of Oklahoma School of Medicine, where he was elected to Alpha Omega Alpha, the medical honor society. He remains committed to AOA's goal, to "be worthy to serve the suffering." Board-certified in Internal Medicine and a fellow of the American College of Physicians, Dr. Zlotoff completed his training in gastroenterology at The Johns Hopkins Hospital in Baltimore, and is board-certified in his subspecialty. He is a member of the Connecticut State Medical Society and the New Haven County Medical Association. Since he opened his office in 1982, Dr. Zlotoff provides comprehensive cognitive and endoscopic services to patients with gastrointestinal disorders in a caring and supportive environment. Direct and open communication with patients is an important aspect of his daily work. He and his staff provide "extraordinary care, to every patient, every day."

DR. ALBERT MARANO graduated from the University of Connecticut School of Medicine. He completed his internship and residency at Saint Mary's Hospital. He did his fellowship in Gastroenterology at Waterbury Hospital and Hospital of St. Raphael. He is a fellow in the American College of Gastroenterology, American Gastroenterology Association, and American College of Physicians. Board-certified in Internal Medicine and Gastroenterology, he has written many scientific articles about gastroenterology and formerly served as the Chief of Staff at St. Mary's Hospital.

DR. JOSEPH BOWEN is a graduate of Georgetown University School of Medicine. He did his internship and residency and served as chief medical resident at SUNY Downstate/Kings County Medical Center in Brooklyn and a fellowship at NYU Medical Center. He is board-certified in Internal Medicine with subspecialties in Medical Oncology and Hematology. He treats patients at The Harold Leever Regional Cancer Center in Waterbury.

DR. BOWEN: 1075 Chase Pkwy., Waterbury • (203) 591-3077
DR. CHERE: 166 Waterbury Rd., Prospect • (203) 709-5345
DR. GARSTEN: 60 Westwood Ave., Waterbury • (203) 574-3007
DR. MARANO: 60 Westwood Ave., Waterbury • (203) 574-3007
DR. SIMMS: 56 Franklin St., Waterbury • (203) 709-6402
DR. ZLOTOFF: 140 Grandview Ave., Waterbury • (203) 709-5970



MICHAEL J. FLANAGAN, M.D., YORK P. MOY, M.D., SAGAR M. PHATAK, M.D.

Urology Specialists, PC has been a leader in the field of urology with a tradition of excellence and commitment to provide state-of-the-art care for 80 years to patients in New Haven County and Western Connecticut. It is affiliated with Connecticut Center for Continence. Recently, Dr. Robert A. Feldman retired after practicing with Urology Specialists for more than 40 years. The group plans to bring in another urologist whose credentials are on a par with Dr. Feldman and the other partners. Dr. Flanagan says, "At Urology Specialists we work together to deliver comprehensive urologic care to our patients with a focus on the individual's specific needs….We pride ourselves in staying abreast of the latest technologies, such as robotic surgery, treatments for advanced prostate cancer and methods to treat or prevent these conditions."

DR. MICHAEL J. FLANAGAN is medical director of Urology Specialists. A graduate of UMDNJ-Rutgers Medical School, he has served as a general surgery resident at Waterbury Hospital. He completed his urologic residency at Temple University. His areas of expertise are urologic cancer, kidney stone disease, laparoscopic surgery for kidney removal, robotic prostate surgery and female incontinence. When caring for women, he partners with gynecologists to complement their care and help improve outcomes for patients. His confident and easy-going manner make patients feel relaxed.

DR. YORK P. MOY graduated from Yale University School of Medicine. He did his general surgery and urology training at Yale. He has completed a research fellowship at the National Institutes of Health. A diplomat of the American Board of Urology, he won the Pfizer Scholars in Urology Award. He is an experienced surgeon who sees a wide range of urologic problems from kidney stones to incontinence and cancers of the kidney, bladder and prostate. "When I see a patient, I pride myself in taking the time to explain their cancer, incontinence or stone disease," he says. "I want them to leave the office feeling they got attentive treatment as well as an education about their condition." He performs robotic surgery, pediatric microsurgery and minimally invasive prostate surgery.

DR. SAGAR M. PHATAK is a graduate of the University of Pittsburgh School of Medicine. He was a Howard Hughes Medical Student Scholar. After completing his general surgery and urology residencies at Yale New Haven Hospital, he did a six-month research fellowship at the Urologic Oncology Branch at the National Cancer Institute, where he studied new imaging techniques to detect prostate cancer. He has published literature on newer techniques in treating interstitial cystitis. His specialties include urologic oncology, laparoscopic procedures, urologic stone disease, male infertility, female incontinence and pediatric urology.

UROLOGY SPECIALISTS, PC AND CT CENTER FOR CONTINENCE

1579 Straits Tpke., Suite 2A, Middlebury • (203) 757-8361
10 Main St. So., Southbury • (203) 757-8361
455 Lewis Ave., Ste. 205, Meriden • (203) 379-0605
urospec.com

MEDICAL SCHOOL
New York University School of Medicine

HOSPITALS
Yale-New Haven Hospital
MidState Medical Center
Griffin Hospital

PROFESSIONAL AFFILIATIONS
American Association of Neurological Surgeons (Fellow)
Congress of Neurological Surgeons
American College of Surgeons (Fellow)
Women in Neurosurgery
New England Neurosurgical Society
Alpha Omega Alpha

JUDITH L. GORELICK, M.D., FACS

DR. JUDITH L. GORELICK is among the few female neurosurgeons practicing in Connecticut. She graduated Cornell University with a B.S in neurobiology before earning her medical degree from New York University School of Medicine. She completed her residency in neurosurgery at the University of Michigan Medical Center and began her clinical practice of neurosurgery in Connecticut in 2001.

After working for 14 years with a multidisciplinary team at Connecticut Neuroscience, PC, Dr. Gorelick recently opened her own practice, Connecticut Neurosurgery Consultants, LLC, where she focuses mostly on treatment of spinal conditions.

"My reputation is based on being extremely thorough and taking time with all of my patients," she says. She provides broad, comprehensive care and believes in "not rushing to the OR" before thoroughly discussing all options with her patients. Her goal is to do what is in the best interest of each patient and to educate them on their condition. Dr. Gorelick notes that a patient who understands their condition is in the best position to make a good decision about their care. In the high-tech world of medicine today, Dr. Gorelick stresses how important the art of listening and compassion are to patients. Dr. Gorelick works with excellent colleagues who round out the spectrum of care. "Patients feel really comfortable and like the concept of a team approach to surgery," says Dr. Gorelick, who notes this approach often results in faster recoveries and better outcomes.

Dr. Gorelick serves on the medical advisory panel for the State of Connecticut Workers' Compensation board, is a member of the Connecticut Chapter of the American College of Surgeons Committee on new applicants, and is also a member of the Surgical Integration Committee for the New Haven Community Medical Group. Dr. Gorelick has published numerous scholarly articles in peer reviewed journals and enjoys giving community lectures on a broad spectrum of neurosurgical topics.

Dr. Gorelick is most proud to balance her career in neurosurgery with her role as mom of two incredible sons and to share her life with her physician-husband of over twenty years.

CONNECTICUT NEUROSURGERY CONSULTANTS, LLC

1 Bradley Rd., Ste. 702, Woodbridge • (203) 553-9666 • ctneurosurgeryconsultants.com

Clockwise from left: Drs. Spivack, Mauer, Woods and Grossman

GASTROENTEROLOGY ASSOC. OF FAIRFIELD COUNTY

GASTROENTEROLOGY ASSOCIATES OF FAIRFIELD COUNTY, PC is honored to have four members of its team recognized as "Top Docs." The physicians-Drs. Edward Grossman, Kenneth Mauer, Julie Spivack and Strick Woods-epitomize a commitment to being "the digestive health experts." They provide excellent, cutting-edge medical care at offices in Fairfield, Bridgeport and Monroe, and are affiliated with St. Vincent's Medical Center. "Our goal is to treat people with potentially embarrassing problems with great sensitivity and care," says Dr. Spivack. "We develop close relationships with our patients, and take a genuine interest in their health concerns."

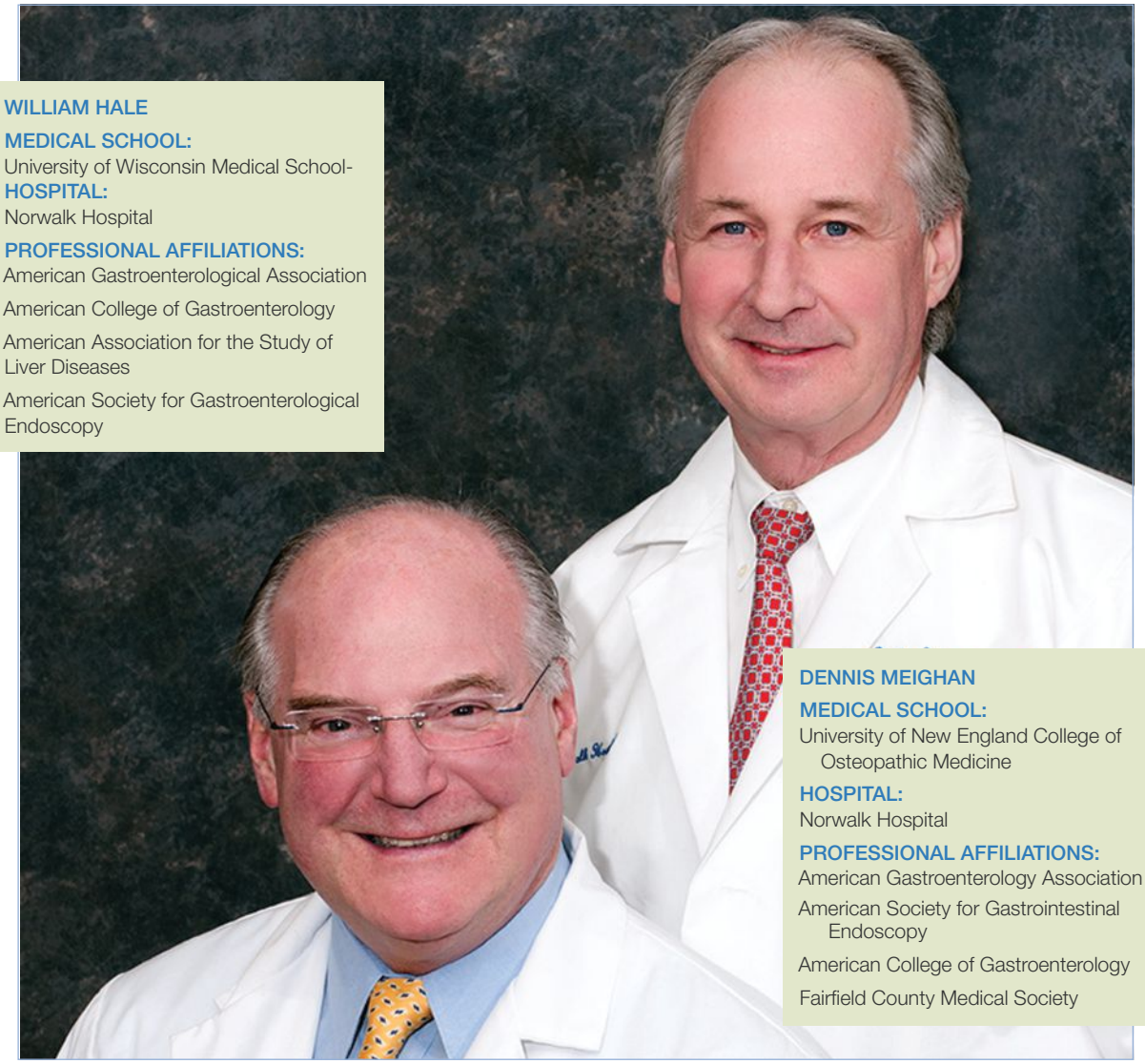
Gastroenterology Associates of Fairfield was the first Connecticut practice to offer state-of-the-art capsule endoscopy, in which patients swallow tiny cameras encased in pills that allow doctors a closer look at their digestive tracts. At The Endoscopy Center of Fairfield, the practice's licensed, accredited ambulatory surgery center, the physicians perform outpatient colonoscopies and endoscopies.

The doctors have specialized training in digestive health issues including indigestion and heartburn, chest pain, gall bladder, ulcer and irritable bowel disease, colon and pancreatic cancers, liver diseases and hepatitis. They are also experts in Crohn's disease and ulcerative colitis. "We are extremely well-rounded and very proud of that," says Dr. Spivack. "We work very closely and often take a team approach with difficult cases."

Several of the practice's physicians have been recognized for their excellence. Dr. Woods was 2009 Physician of the Year at St. Vincent's Medical Center, and Drs. Mauer and Grossman have been among *New York* magazine's "Best Doctors" in recent years. In prior years they have been honored in *Connecticut, New York* and *Westport* magazines. This year's "Top Docs" are proud to practice with their talented associates Drs. Emil Blanco, Eddy Castillo, Gena Cobrin and Richard Lopatin, and Daniel Stewart, P.A.

GASTROENTEROLOGY ASSOCIATES OF FAIRFIELD COUNTY, PC

425 Post Rd., Fairfield • (203) 292-9000
2660 Main St., Bridgeport • (203) 333-3328
765 Main St. (Rte. 25), Monroe • (203) 452-2358
gidox.com



WILLIAM HALE

MEDICAL SCHOOL:
University of Wisconsin Medical School-

HOSPITAL:
Norwalk Hospital

PROFESSIONAL AFFILIATIONS:
American Gastroenterological Association

American College of Gastroenterology

American Association for the Study of Liver Diseases

American Society for Gastroenterological Endoscopy

DENNIS MEIGHAN

MEDICAL SCHOOL:
University of New England College of Osteopathic Medicine

HOSPITAL:
Norwalk Hospital

PROFESSIONAL AFFILIATIONS:
American Gastroenterology Association

American Society for Gastrointestinal Endoscopy

American College of Gastroenterology

Fairfield County Medical Society

WILLIAM HALE, M.D., DENNIS MEIGHAN, D.O.

DR. WILLIAM HALE and DR. DENNIS MEIGHAN offer state-of-the-art diagnosis and treatment for digestive diseases, including those involving the liver and bile ducts.

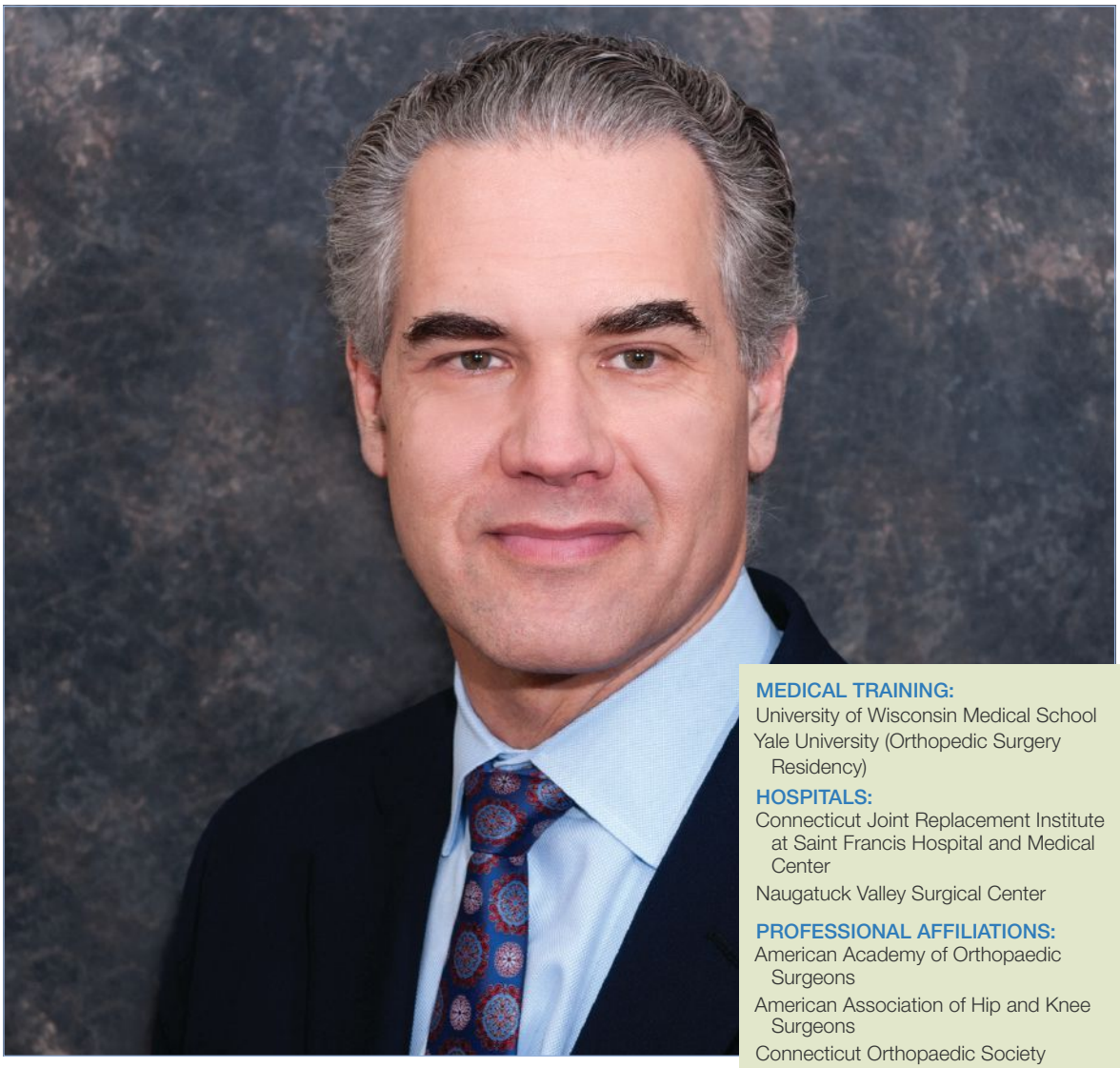
Dr. Hale graduated from the University of Wisconsin Medical School and did his internship, residency and fellowship at Boston University Medical Center. Board-certified in internal medicine and gastroenterology, he is chief of the section of Gastroenterology and Hepatology at Norwalk Hospital and program director of the Yale-Norwalk Hospital Fellowship Program.

He specializes in colon and esophageal cancer screening and also manages the Norwalk-Yale Liver Center where patients with Hepatitis C, fatty liver and a variety of other liver conditions receive advanced care. Norwalk Hospital has the most technologically advanced GI diagnostic equipment in the state of Connecticut. In November 2014, Norwalk Hospital introduced magnetic resonance elastrography (MRE). This allows doctors to determine liver scarring and inflammation non-invasively. Developed at the Mayo Clinic, MRE can replace traditional liver biopsies. MRE samples the entire liver and is non-invasive. Norwalk Hospital is the only hospital in the state with MRE, and it is used to both stage and monitor patients with a wide variety of diseases of the liver, including medication-induced problems.

Dr. Dennis Meighan graduated from the University of New England College of Osteopathic Medicine. He interned at Saddle Brook General Hospital and did his residency and fellowship at Norwalk Hospital. He is the director of the Norwalk Hospital GI Endoscopy Unit, which is moving to a new state-of-the-art center in April. Dr. Meighan also specilaizes in colon and esophageal cancer screening with physicians in his unit that offers a full range of endoscopic procedures, including double balloon enteroscopy, which allows examination of the entire small intestine for tumors, polyps, bleeding and other small bowel disorders without doing exploratory surgery. Physicians under Dr. Meighan's direction also freeze tumors of the esophagus with liquid nitrogen, use radiofrequency ablation (RFA) for Barrett's esophagus and perform complex endoscopic treatments of pancreatic and biliary diseases. He is working with surgeons and gynecologists on new procedures for natural orifice surgery for gallbladder disease and chronic undiagnosed pelvic pain.

NORWALK HOSPITAL GASTROENTEROLOGY CONSULTANTS

Medical office Building, 30 Stevens St., Ste. B, Norwalk • (203) 852-2278 • norwalkhospital.org



MEDICAL TRAINING:
University of Wisconsin Medical School
Yale University (Orthopedic Surgery Residency)

HOSPITALS:
Connecticut Joint Replacement Institute at Saint Francis Hospital and Medical Center
Naugatuck Valley Surgical Center

PROFESSIONAL AFFILIATIONS:
American Academy of Orthopaedic Surgeons
American Association of Hip and Knee Surgeons
Connecticut Orthopaedic Society
Connecticut State Medical Society

JOHN M. KEGGI, M.D.

DR. JOHN KEGGI specializes in advanced techniques for hip and knee replacement.

Dr. Keggi has more than 20 years' experience in performing and teaching direct anterior approach (DAA) hip replacement, a specialized technique that spares the major walking muscles, allowing patients a rapid return to activity, work and family life. With the direct anterior approach patients can often avoid many of the restrictions imposed by traditional replacement methods. He also offers Birmingham hip resurfacing via the anterior approach for young patients with high demand activities, heavy occupational requirements or vigorous recreational sports. DAA surgery has gained popularity in recent years. Dr. Keggi remains one of the most experienced practitioners of this approach in the nation. He has authored many scientific articles and frequently lectures around the country while teaching these methods to fellow surgeons.

He is also a leader in knee replacement procedures that speed recovery and help patients gain mobility quickly. His professional office staff and experienced hospital teams focus on patient education, comfort and rapid recovery. Dr. Keggi performs his surgeries at the Connecticut Joint Replacement Institute (CJRI) at St. Francis Hospital in Hartford. "Patient care at CJRI is outstanding," Dr. Keggi says. "In addition, the Anesthesia group at CJRI leads their field in developing advanced pain avoidance protocols." CJRI is ranked as "Top 5" in the nation for patient safety and patient satisfaction by a leading consumer organization.

"We live in a great time where we can offer an operation that allows patients to happily say, 'I have my life back!' "

Dr. Keggi is available for consultation at the Orthopaedics New England offices in Middlebury, Farmington and New Milford.

ORTHOPAEDICS NEW ENGLAND

1579 Straits Tpk., Middlebury • (203) 598-0700
11 Old Park Lane, New Milford • (203) 598-0700
399 Farmington Ave., Ste. LL1, Farmington • (203) 598-0700
OrthoNewEngland.com

MEDICAL SCHOOL:
University of Medicine and Dentistry of New Jersey

HOSPITAL:
Danbury Hospital
New Milford Hospital
St. Mary's Hospital
Bridgeport Hospital
Norwalk Hospital

PROFESSIONAL AFFILIATIONS:
American Society of Interventional Pain Physicians
Connecticut Pain Society
North American Spine Society
Fairfield Country Medical Association
Connecticut Medical Society

DAVID C. LEVI, M.D.

DR. DAVID LEVI understands that it's not necessarily a good day when you have to visit the doctor for your pain. "There's a major focus today on the treatment of pain in this country," he says. "Thankfully with the advent of minimally invasive procedures, newer medications and various non-narcotic treatments, we've been able to go a long way toward allowing patients to return to the lives they want to live. To achieve that goal we guide our patients in a positive way allowing them to become functional with as little pain as possible." He says that any recommendations he makes for their treatment are the very same recommendations he would make for a family member.

He notes that a major change he's seen in his patients over the last few years has been their ability to inform and educate themselves concerning their conditions. "Quite a few of our patients arrive at an appointment and they've already researched their problems. They've viewed procedures to the point where they come in here much better informed than patients of ten years ago. And, that's a good thing since education is a primary function for me with my patients. If the patient is informed, that makes for a much better conversation about their treatment. "

His practice, although good-sized, takes pride in the personal interest it accords in each patient, remaining focused on their individual needs. His major reward: "When a patient communicates to us that they've been able to return to running, playing golf or lifting their grandchildren."

Dr. Levi, who is the president and medical director of Pain and Spine Specialists of Connecticut, earned his undergraduate degree and doctorate in Anesthesiology from the University of Michigan. He received his medical degree from the University of Medicine and Dentistry of New Jersey, Newark, N.J. and completed his residency in anesthesia training and a pain management fellowship at Stanford University. He completed his internship at the Mayo Clinic.

Certified in anesthesiology and pain management by the American Board of Anesthesiology, his specialties are anesthesiology, pain medicine, pain management and spine health.

PAIN AND SPINE SPECIALISTS OF CONNECTICUT, LLC

67 Sandpit Rd., Ste. 308, Danbury
(203) 743-7246

1579 Straits Tpke., Middlebury
131 Kent Rd., New Milford

5520 Park Ave., Trumbull
11 South Rd., Farmington

MEDICAL TRAINING
University of Vermont College of Medicine
Children's Medical Center at University of Texas
Southwestern University of California, San Francisco
Edward Harkness Eye Institute, Columbia Presbyterian Medical Center

HOSPITAL
Saint Vincent's Medical Center

PROFESSIONAL AFFILIATIONS
American Academy of Ophthalmology
American Society of Cataract and Refractive Surgery
Connecticut Society of Eye Physicians

DELIA MANJONEY, M.D.

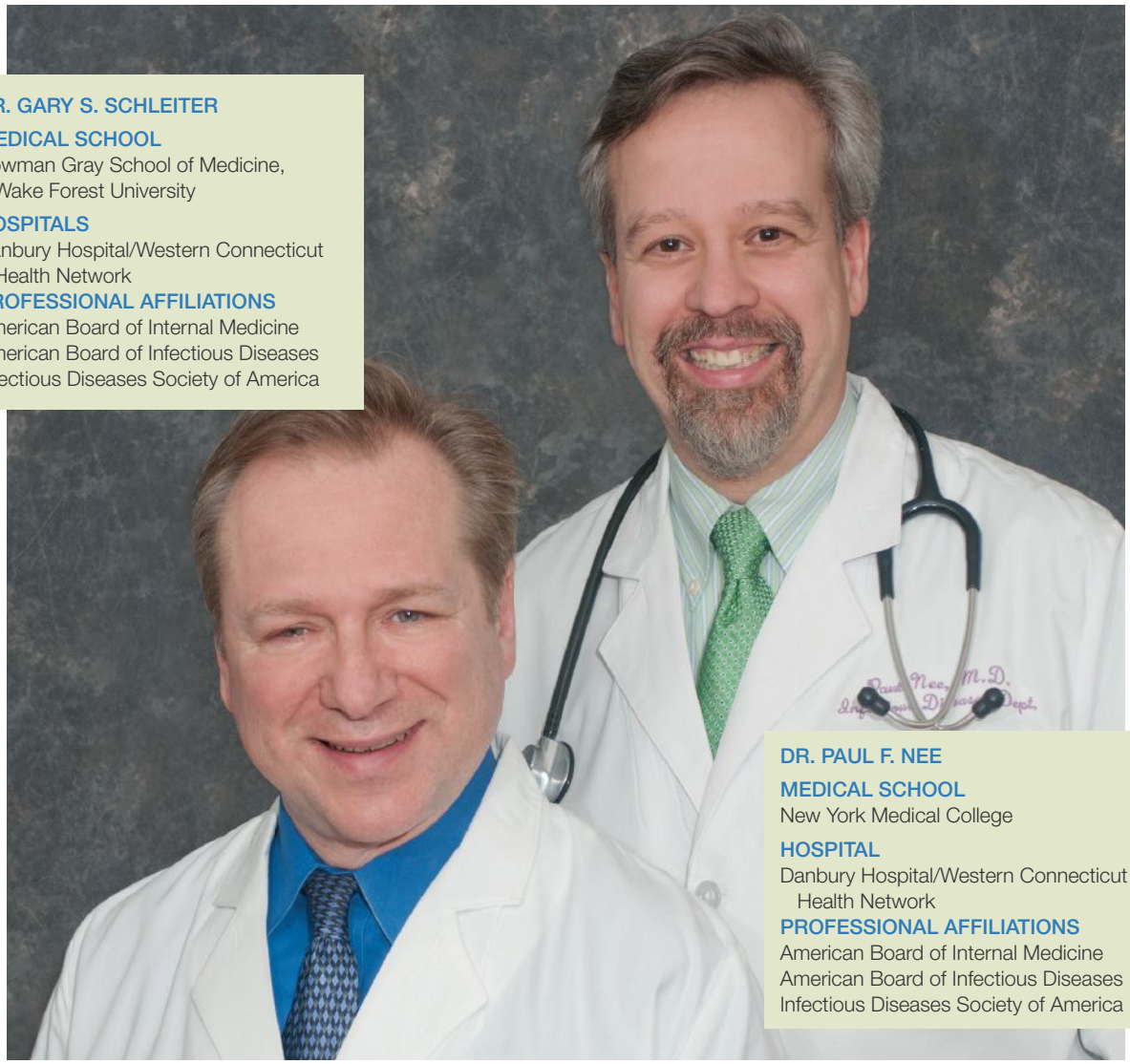
DR. DELIA MANJONEY comes from a family of several physicians, including her father, two uncles and four siblings. This "gives me a different perspective of things," she says. She graduated magna cum laude from Roanoke College before earning her medical degree from the University of Vermont College of Medicine. She completed her internship and residency in pediatrics at the University of Texas Children's Medical Center and did a partial fellowship in pediatric cardiology at UCSF before she decided to go into ophthalmology. Ophthalmology is a "nice blend of patient contact, strong interpersonal relationships and surgery," she says, and "it is very rewarding to be able to restore someone's vision."

Dr. Manjoney practiced comprehensive ophthalmology with her father for 15 years before practicing solo. She specializes in cataract surgery, treatment of glaucoma and general ophthalmology. She began to offer cosmetic procedures at the request of some women patients who wanted to look younger and to learn a new application for Botox®, a treatment that ophthalmologists had been using for more than 20 years to treat other disorders of and near the eyes. She also performs blepharoplasty.

She makes sure that she and her patients "come to a consensus about the best options for them" and that patients have "very realistic expectations," especially about cosmetic procedures. All treatment is highly individualized.

Rated a top doctor in *Connecticut Magazine* since 2009 and by Castle & Connelly since 1997, she says, "I am honored and humbled to be recognized by my peers and by the support of my patients." Her education as a physician is never over. "When you stop learning, you stop growing and you're actually regressing," she says. "Technology is changing so quickly and so dramatically. You have to learn something new every year."

DELIA MANJONEY, M.D.
2720 Main St., Bridgeport • (203) 576-6500 • manjoneyeye.com



DR. GARY S. SCHLEITER
MEDICAL SCHOOL
Bowman Gray School of Medicine, Wake Forest University
HOSPITALS
Danbury Hospital/Western Connecticut Health Network
PROFESSIONAL AFFILIATIONS
American Board of Internal Medicine
American Board of Infectious Diseases
Infectious Diseases Society of America

DR. PAUL F. NEE
MEDICAL SCHOOL
New York Medical College
HOSPITAL
Danbury Hospital/Western Connecticut Health Network
PROFESSIONAL AFFILIATIONS
American Board of Internal Medicine
American Board of Infectious Diseases
Infectious Diseases Society of America

PAUL F. NEE, M.D., GARY S. SCHLEITER, M.D.

DR. PAUL F. NEE and DR. GARY S. SCHLEITER, together with other physicians and health-care staff at Western Connecticut Medical Group's Infectious Diseases Department, provide care at Danbury Hospital for patients with infectious diseases.

Dr. Nee earned his undergraduate degree at Boston College and his medical degree at New York Medical College. He completed his internship at Deaconess Hospital in Boston and residency at Beth Israel Deaconess Medical Center of Harvard Medical School, followed by a fellowship in infectious diseases at Yale-New Haven Hospital. He is certified by the American Board of Internal Medicine/Infectious Disease and is a member of the Infectious Diseases Society of America. In addition, he is an assistant clinical professor of medicine at the University of Vermont. "It's critical to be up-front and honest with patients while treating them to the best of my ability," he says. Dr. Nee says the practice also treats patients with bone and joint infections, hospital-acquired infections, cancer patients with secondary infections and diseases in travelers returning from abroad.

Dr. Schleiter, chief of the Infectious Diseases Department at Danbury Hospital, earned his undergraduate degree with honors at Duke University and his medical degree at Bowman Gray School of Medicine at Wake Forest University. He completed his internship and residency at the UConn Health Center, a fellowship in infectious diseases at the University of Massachusetts School of Medicine, and is currently an instructor of medicine at the Yale University School of Medicine. In addition, he is an assistant clinical professor of medicine at the University of Vermont. "We see complex problems over a broad spectrum of conditions," he says. "We interface with doctors from many other specialties." One quarter of the group's practice is focused on HIV patients, but it treats many infectious diseases, which Dr. Schleiter defines as any disease caused by a virus, parasite, bacteria or fungus. In addition to HIV, this can include tuberculosis, bone infections, endocarditis and infections related to diabetes. Drs. Nee and Schleiter are involved with the education of medical students and postgraduate physicians who carry out their residencies at Danbury Hospital.

WESTERN CONNECTICUT MEDICAL GROUP, INFECTIOUS DISEASES

33 Germantown Rd., Danbury • (203) 739-8310 • WesternConnecticutMedicalGroup.org

MEDICAL SCHOOL
Columbia University College of Physicians and Surgeons

HOSPITALS
Waterbury Hospital
Saint Mary's Hospital
Naugatuck Valley Surgical Center
Connecticut Children's Medical Center

PROFESSIONAL AFFILIATIONS
American Academy of Orthopaedic Surgeons
New England Shoulder & Elbow Society
Arthroscopy Association of North America

ERIC J. OLSON, M.D.

DR. ERIC J. OLSON graduated from Columbia University College of Physicians and Surgeons. He completed his internship in general surgery, residency in orthopaedic surgery and fellowship in sports medicine at the University of Pittsburgh. He was chief of sports medicine in the U.S. Army at Walter Reed Medical Center.

Dr. Olson says he is passionate about orthpaedics because "it combines my mind, my great training, my hands, technology and visual thinking and allows me to change people's life for the better." He likes the intellectual puzzle of repairing tendons and bones in the shoulder, knees and hips. His philosophy is to treat each patient as he would want to be treated himself.

While arthroscopic rotator cuff repairs remain his favorite operation, as his patients have been aging, many have sought his care for knee, hip and shoulder replacements. For knee replacements, he sends an MRI of each patient's knee to individually engineer how their new knee will be optimally sized and positioned. Using 3-D printer technology, a personalized cutting block is created for the operating room to help him position the knee components accurately, predictably and less invasively.

Dr. Olson is excited about the newest techniques to repair shoulders that have worn out. New shoulder replacement designs provide pain relief and improved function with more durable and less invasive implants. These can be used for relatively younger patients with intact rotator cuffs. For older patients with arthritis whose rotator cuffs have failed, he performs reverse shoulder replacements. "For people who are in pain and have lost their ability to get their arm over their head, this can be life transforming surgery."

Along with physical therapy, Dr. Olson works with complementary medicine practitioners to reduce pain and enhance healing. He and his wife, Beatriz, an endocrinologist, co-teach "The Healer's Art" at Yale Medical School. He is team physician for Naugatuck High School.

WATERBURY ORTHOPAEDICS ASSOCIATES, PC
1211 West Main St., Waterbury • (203) 755-0163 • waterburyortho.com

Left to right: Dr. Nicholas A. Viner, Dr. Edward B. Paraiso, Dr. Robert P. Weinstein

EDWARD B. PARAISO, M.D., NICHOLAS A. VINER, M.D., ROBERT P. WEINSTEIN, M.D.

The medical staff of Urologic Associates of Bridgeport encourages patients to play an active role in their treatment. The practice, composed of Drs. Edward Paraiso II, Nicholas A. Viner and Robert P. Weinstein, with partners Drs. Arthur C. Pinto, Jeremy D. Kaufman, Howard L. Zuckerman and Physicians' Assistant Linda Gale, stays abreast of the latest treatments and technological advances to ensure the highest urological care. All physicians are board-certified urologists with subspecialties covering a wide spectrum of urological diseases in men, women and children. Among the services and procedures provided are: Robotic and minimally invasive surgery for the prostate, kidney, and bladder; advanced treatments for benign prostatic hyperplasia (BPH); no-scalpel vasectomy; male sexual health and male infertility; urinary incontinence and voiding dysfunction; pediatric urology; stone disease (treatment and prevention).

Urological Associates of Bridgeport is affiliated with Bridgeport Hospital, St. Vincent's Medical Center and Milford Hospital.

EDWARD B. PARAISO II received his B.S. degree from SUNY Albany and medical degree from Albert Einstein College of Medicine, with distinction in research. He completed residencies in general surgery and urology at SUNY Downstate Medical Center and is certified by the American Board of Urology. He is a member of the American Urological Association and Endourological Society. He practices general urology focusing on urological oncological surgery, which includes robotic cystectomy, partial nephrectomy and prostatectomy.

NICHOLAS A. VINER earned his undergraduate degree from The College of Holy Cross, medical degree from Vanderbilt Medical School, and completed residencies in general surgery at Greenwich Hospital and urology at Vanderbilt Hospital. He is board-certified in urology and is a fellow of the American College of Surgeons.

ROBERT P. WEINSTEIN received his B.S. from SUNY Albany and medical degree from SUNY Health Science Center, where he was chief resident and clinical assistant instructor of surgery and urology. He is a member of Alpha Omega Alpha, the American Medical Association and the American Urological Association and is certified by the American Board of Urology.

Dr. Weinstein says: "some of the most important attributes of our practice are the comprehensive approach and technological advances that ultimately bring great benefit to our patients."

UROLOGIC ASSOCIATES OF BRIDGEPORT, PC

160 Hawley La., Trumbull • (203) 375-3456
281 Seaside Ave., Milford • (203) 301-0881
52 Beach Rd., Fairfield • (203) 255-6825
urolassoc.com

MEDICAL AFFILIATIONS
Assistant Professor at Quinnipiac University Frank H. Netter School of Medicine
Saint Mary's Hospital
Waterbury Hospital
Yale-New Haven Hospital

PROFESSIONAL AFFILIATIONS
International Spinal Injection Society
American Academy of Physical Medicine & Rehabilitation
North American Spine Society

BHAVESH R. PATEL, M.D.

DR. BHAVESH R. PATEL is the founder and president of Interventional Spine & Sports Medicine, PC. He has been treating patients in the Greater Waterbury area for a decade, founding his solo, private practice in 2010 to reflect his belief in more personalized patient care. He is board-certified in physical medicine and rehabilitation as well as pain medicine. His treatment philosophy is to help his patients avoid surgery whenever possible, using a multidisciplinary approach to the prevention and treatment of spine and musculoskeletal injuries.

His goal is to help patients suffering from a broad range of conditions eliminate pain and restore function using the most conservative measures possible. He often combines treatment protocols including medications, physical therapy, exercise and X-ray-guided therapeutic spinal injections to decrease pain and inflammation so patients can progress to physical therapy regimens.

Dr. Patel is pleased to now be able to offer his patents ultrasound-guided peripheral joint injections and plasma rich protein (PRP) therapy for tendon and joint pain. This is a cutting-edge treatment which helps heal the injured tendon and joint without surgery. These state-of-the-art treatments provide a painless, low-radiation option and excellent therapeutic results for pain in joints including knees, shoulders, ankles, hips and wrists. He is also trained in electrodiagnostic medicine (NCS/EMG) to diagnose peripheral nerve injuries. His "Spine Suite" uses the latest fluoroscopy machines, which employ DSA technology to assure the safe and accurate delivery of steroid medications. Now offering Botox® injections for migraine headaches.

Dr. Patel did his residency in physical medicine and rehabilitation at the Temple University School of Medicine and a fellowship in interventional spine and sports medicine at New York City's world-renowned Spine Institute at Beth Israel Medical Center. "The most rewarding aspect of my work is enabling my patients to function pain-free in their daily lives," he says. He strives to be accessible, seeing emergency patients within 24 to 48 hours. Patients in extreme pain appreciate the care and attention they receive from his entire staff.

INTERVENTIONAL SPINE & SPORTS MEDICINE, PC

1579 Straits Tpke., Middlebury • (203) 598-PAIN (7246)
166 Waterbury Rd., Ste. 204, Prospect • (203) 598-PAIN (7246)
ctspinedoc.com

MEDICAL SCHOOL
Temple University School of Medicine

RESIDENCIES
Montefiore Medical Center/Albert Einstein College of Medicine

HOSPITALS
William W. Backus Hospital
Yale-New Haven Shoreline Medical Center
Day Kimball Hospital
River Valley Ambulatory Surgery Center
Middlesex Hospital

PROFESSIONAL AFFILIATIONS
American Board of Plastic Surgery (Diplomate)
American Board of Surgery (Diplomate)
American Society of Plastic Surgeons
American College of Surgeons (Fellow)
Northeastern Society of Plastic Surgeons
Connecticut Society of Plastic Surgeons

VINOD V. PATHY, M.D., FACS

DR. VINOD V. PATHY earned a Bachelor of Science Intensive Degree from Yale University in biology, completing a senior year thesis in neurobiology. He earned his medical degree from Temple University School of Medicine, and completed residencies in both general surgery and plastic surgery at Montefiore Medical Center/Albert Einstein College of Medicine in New York City.

Board-certified in both general surgery and plastic surgery, Dr. Pathy specializes in breast reconstruction following oncologic treatment. He serves as the director of Breast Reconstruction Services at The William W. Backus Hospital in Norwich. In addition, he performs facial, breast and body surgical and non-surgical aesthetic treatments. Dr. Pathy was the first plastic surgeon in Connecticut to use both the Sientra high-strength ("gummy bear") silicone implants for reconstruction and the Natrelle 410 shaped silicone gel implants following FDA approval.

One of a select few plastic surgeons who performs microvascular breast reconstruction in Connecticut, Dr. Pathy notes that the DIEP (Deep Inferior Epigastric Perforator) flap is quickly becoming more sought-after in breast reconstruction. This technique uses only a patient's abdominal skin and fat to reconstruct her breast and, without utilizing muscle for reconstruction, recovery is more rapid. He states, "Patients are becoming more savvy these days to often review their options prior to consultation. It is more important than ever to work together with your patient to make sure that everyone's goals and expectations match appropriately."

From a young age, Dr. Pathy derived his analytical inspiration from his cardiologist father and his creative inspiration from his artist mother. Today, whether it is reconstructing a breast, salvaging an orthopedic knee implant by protecting it with transferred muscle, or closing a dermatologic Mohs surgery defect, he reveals that there is always more than what the naked eye may see. "There is a crescendo that builds up from the careful planning of any surgery," he explains, "culminating in the physical act of surgery, ultimately improving both the form and function of the human body, blending the science with the art."

NEW ENGLAND PLASTIC SURGERY GROUP

8 Vista Drive, Old Lyme • (860) 554-1212 • neplasticsurgerygroup.com

MEDICAL SCHOOL:
University of the East/UERMMMC

PROFESSIONAL AFFILIATIONS:
Radiological Society of North America
Society of Breast Imaging
American Institute of Ultrasound in Medicine

NEIL T. SPECHT, M.D.

DR. NEIL T. SPECHT is dual board-certified in internal medicine and diagnostic radiology. After graduating from SUNY at Stony Brook, he earned his medical degree from the University of the East/UERMMMC. He completed his internship and residencies at St. Vincent's Medical Center. He served as the Chief of Ultrasound and Interventional Radiology at St. Vincent's Medical Center and Director of the School of Diagnostic Medical Sonography. In 2010, he opened his independent imaging center, Connecticut Ultrasound & Biopsy Center, followed in 2011 by Women's Choice Mammography and most recently, Women's Choice Aesthetics, operated jointly with his wife, Dr. Evangeline S. Specht. Dr. Specht is a member of the RSNA, Society of Breast Imaging, and AIUM.

Dr. Specht serves as an instructor at the largest medical convention in the world (RSNA) and is internationally recognized in the field of interventional ultrasound. Dr. Specht has performed more than 25,000 biopsies during his career, including vacuum-assisted breast biopsies, fine needle aspiration biopsies and core needle biopsies. Having perfected the Gentle-Touch™ technique, Dr. Specht's biopsies are virtually pain-free and scar-free. A complete array of diagnostic ultrasound exams are also performed at Connecticut Ultrasound & Biopsy Center including thyroid ultrasound, abdominal/pelvic ultrasound, carotid ultrasound, arterial and venous Doppler exams and varicose vein treatments.

Women's Choice Mammography is the first and only practice in Connecticut to perform 3-D Mammography for every patient. This technology is significantly more accurate in detecting invasive breast cancers and is considered the best tool available to fight this disease. "This technology allows us to find cancers at an earlier stage, when they are smaller." Women's Choice Mammography is accredited by the American College of Radiology.

Dr. Specht and his staff offer unparalleled personalized care in a warm, relaxed environment. He meets with patients to discuss their exam results before they leave the office. "Patients deserve the best technology and a higher level of service than what they are accustomed to and that is what we provide."

WOMEN'S CHOICE AESTHETICS/MAMMOGRAPHY • CONNECTICUT ULTRASOUND & BIOPSY CENTER
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HOSPITALS
Saint Francis Hospital and Medical Center
Hartford Hospital

PROFESSIONAL AFFILIATIONS
American Academy of Allergy, Asthma & Immunology
American College of Allergy, Asthma and Immunology
New England Society of Allergy
Connecticut State Medical Society
Hartford County Medical Association
American Association of Physicians of Indian Origin

PRASAD SRINIVASAN, M.D.

DR. PRASAD SRINIVASAN graduated from Baroda Medical School, Baroda, India, where he also did his internship. He did his residency at Brookdale Hospital Medical Center in New York and fellowship in allergy and immunology at Michael Reese Hospital in Chicago. He is board-certified in pediatrics and allergy and immunology.

Dr. Srinivasan is proud to work at Allergy Associates of Hartford, where he says, "All of us in our practice are 'people people'...We listen to our patients, have a conversation with them and then review the various options for allergy and asthma treatments. We call patients in the evenings and on weekends on our own, checking on their progress. We treat patients with asthma and allergies.

"It is an extremely exciting time in allergy," he says about allergy treatment options. The approach to "food allergy is being revisited," he says. He cites a recent English study that reports early introduction of peanuts can prevent or reduce the incidence of peanut allergy. Patients who are allergic to peanuts can now be desensitized to them. The success rate for peanut desensitization is very high. "The whole family doesn't have to live in fear of accidental ingestion," he says.

Another exciting development is sublingual immunotherapy. A patient can place a tablet under the tongue instead of getting allergy shots for grass and ragweed allergies. This form of treatment will have a huge impact on families and patients in terms of time commitment, logistics and of course economics. Other allergens to be treated in a similar way are in the pipeline.

Dr. Srinivasan has been featured numerous times in the media and is a Connecticut State Representative for House District 31 in Glastonbury. He is a ranking member of the committee on public health, and also serves on planning and development and finance.

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HOSPITALS
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Saint Mary's Hospital
Yale-New Haven Hospital
Griffin Hospital
Charlotte-Hungerford Hospital

PROFESSIONAL AFFILIATIONS
Congress of Neurological Surgeons
American Medical Association
Connecticut State Neurosurgical Society
Connecticut Medical Society
North American Spine Society

JOHN G. STRUGAR, M.D.

DR. JOHN G. STRUGAR takes a holistic approach to treating brain tumors, spine and peripheral nerve problems. He completed his medical education and neurosurgical training at New York University and Yale University schools of medicine, and is an assistant clinical professor in the Department of Neurosurgery at Yale University and chief of neurosurgery at Waterbury Hospital.

Dr. Strugar believes that neurosurgeons must address a combination of environmentally induced damage to the body, hormonal changes and the genetic accumulation of thousands of years of evolution, as they try to extend health and life spans. "To accomplish that goal while doing what makes sense, the challenge remains to apply our surgical knowledge while not putting the patient at risk," he says. Board-certified in neurosurgery, and specializing in intracranial and spinal surgery, Dr. Strugar notes that Connecticut's ageing population requires recognizing that issues are "very, very different than those that are affecting the young." Regardless of the reasons people come to see him, he says, "I want my patients to be well-informed and learn, so they can better understand the often life-changing diagnoses they are facing."

He notes that technology has had a major impact on his practice. "Enormous changes such as artificial spinal disks, variable-pressure shunting techniques and minimally invasive procedures have allowed us to be much more efficient and successful in treating patients," he says. He is among the first neurosurgeons in the country to use artificial disks and has been using them successfully for more a decade. Disk arthroplasty helps restore motion to people who have worn disks and may avoid secondary procedures to treat low back pain.

Dr. Strugar also treats patients with degenerative problems in the elderly, acute spinal cord and traumatic brain injury, spinal tumors and complex cases. His uppermost goal is to preserve the patient's function. "I treat my patients just as I would treat a family member," he says. "Things have become more complex. It is important to recognize when a patient is ready for surgery… You have to fit a lot of criteria before I recommend surgery."

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MEDICAL SCHOOL
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HOSPITALS
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Norwalk Hospital
Surgery Center of Fairfield County
Saint Vincent's Medical Center

PROFESSIONAL AFFILIATIONS
American Society of Plastic Surgery (Diplomate)
American College of Surgeons (Fellow)
American Society for Aesthetic Plastic Surgery
Connecticut Society of Plastic Surgeons
New England Society of Plastic and Reconstructive Surgeons
Fairfield County Medical Association

TITO L. VASQUEZ, M.D., FACS

DR. TITO L. VASQUEZ specializes in cosmetic, reconstructive and hand surgery. He graduated with honors from Trinity College in Hartford and earned his medical degree from New York Medical College in Valhalla, N.Y. He served as an officer in the U.S. Navy and the National Naval Medical Center in Bethesda, M.D., as well as Battalion Surgeon for the Marines in Okinawa, Japan.

Dr. Vasquez completed a general surgery residency at St. Luke's Hospital in Pennsylvania, including rigorous training at University of Pennsylvania and Children's Hospital of Philadelphia and a fellowship in orthopedic hand surgery at the Hospital for Special Surgery in NYC. He has had additional training in microsurgery at Columbia and orthopedic cancer surgery at Memorial Sloan Kettering. Finally, he completed his training in plastic and reconstructive surgery at Nassau University Medical Center with the renowned Long Island Plastic Surgical Group.

Despite his broad training and experiences, Dr. Vasquez focuses on aesthetic and reconstructive surgery of the breast and face and non invasive anti-aging treatments. His passion is breast surgery and he is able to show his patients an accurate 3-D simulation of a surgical result. He uses the most advanced techniques such as the "no-drain tummy tuck" and VASER Lipo to achieve pleasing results with minimal discomfort and downtime. "My ultimate goal is not only giving expert and honest advice … but understanding each patient as a whole person," he says. "I have always felt an overwhelming sense of responsibility to my patients, their families, and their referring doctors." Dr. Vasquez adds that it is very important to him that his office and staff provide the very best experience as well as a warm, comfortable and non-intimidating atmosphere.

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MEDICAL SCHOOL
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HOSPITALS
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Waterbury Hospital
Naugatuck Valley Surgical Center

PROFESSIONAL AFFILIATIONS
American Society of Plastic Surgeons
American Society of Reconstructive Microsurgery
New England Society of Plastic and Reconstructive Surgeons
Connecticut Society of Plastic and Reconstructive Surgeons
New York Regional Society of Plastic Surgeons

SUNNY WAITZE, M.D., FACS

DR. SUNNY WAITZE is a board-certified, fellowship-trained plastic surgeon who combines her strong and diverse surgical training with a feminine touch to treat patients at Pomperaug Plastic Surgery, her Southbury-based solo practice. As a rare female practitioner in her field, she strives to treat her patients with artful skill, care and compassion along with surgical and nonsurgical treatments that can improve appearance, function and self-esteem.

Dr. Waitze, a graduate of the Hahnemann University School of Medicine who completed her residency in plastic surgery at Emory University and her fellowship in hand and microsurgery at Yale University, is skilled at plastic surgery of the face and body; this includes cosmetic surgery as well as general reconstructive surgery. She has special expertise in breast augmentations and breast lifts, breast reductions, as well as breast reconstruction following treatment for breast cancer. "As a solo female practitioner, I work hard to develop a personal relationship with my patients, so I devote a lot of my time to the cares and concerns of my patients," she says. "I find that a lot of my patients seek me out because I am a woman. I think I relate well to their concerns and also, I want them to be very well-informed as they make important decisions about their health and well-being."

Dr. Waitze is also an anti-aging expert, skilled in providing nonsurgical injectables including Botox®, Juvederm® and Sculptra®. At her Ageless Medi-Spa she offers state-of-the-art laser treatments to resurface skin, remove unwanted hair and treat spider veins. Her goal with these treatments is always to create a more youthful appearance with minimal downtime and natural-looking results.

"Not everyone who wants a more youthful appearance wants or needs surgery," she explains. "I think it's important to offer options." She also offers a variety of treatments, including microdermabrasion, facials and mild skin peels, in a relaxed and inviting boutique atmosphere.

POMPERAUG PLASTIC SURGERY

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MEDICAL SCHOOL
University of Connecticut

HOSPITALS
Yale-New Haven Hospital
Griffin Hospital
Milford Hospital
MidState Medical Center
Middlesex Hospital

PROFESSIONAL AFFILIATIONS
Fellow, American Academy of Otolaryngology-Head and Neck Surgery
Immediate Past President, Connecticut Ear, Nose and Throat Society
Past President and Webmaster, New England Otolaryngological Society
Fellow, American College of Surgeons
Chair, Socioeconomic and Grassroots Committee, Board of Governors, American Academy of Otolaryngology-Head and Neck Surgery

KEN YANAGISAWA, M.D., FACS

DR. KEN YANAGISAWA is a second-generation ear, nose and throat (ENT) specialist who followed his father, Dr. Eiji Yanagisawa, a pioneer in ENT endoscopy, into the otolaryngology practice he established in New Haven over 50 years ago. A leader in the state's ENT community for over 20 years, he enjoys treating both children and adults—from in-office management of ear, nose and throat diseases to advanced surgical and laser treatments. His practice offers hearing aids, endoscopic examinations and procedures of the vocal cords and sinuses, hearing, balance and allergy testing and allergy shots. "ENT brings together everything I like about medicine—patient-focused medical care and intricate surgical procedures," he says. He continues to have an affinity for treating children.

Despite the ever-mounting challenges and intricacies of the new health care paradigms, he remains unwavering in his delivery of healthcare-to establish a solid and trusting rapport with his patients, listen to and understand their issues, and provide optimal current treatment options.

An assistant clinical professor at the Yale School of Medicine, Dr. Yanagisawa has been the Section Chief of Otolaryngology at Yale New-Haven Hospital's Saint Raphael campus since 2009. Under his leadership, Saint Raphael campus has been lauded for its state-of-the art ENT surgical care. He has published more than 70 articles in ENT textbooks and medical journals.

As the Immediate Past President of the Connecticut Ear, Nose and Throat Society, he advocates on behalf of physicians and patients on vital health care policy issues with the state's General Assembly. Beyond his private practice, Dr. Yanagisawa is committed to promoting community health and wellness, organizing free head and neck cancer screenings annually at Saint Raphael's and supporting similar events throughout Connecticut. His many volunteer commitments include leadership roles in local youth sports, UConn medical alumni functions, and serving as preceptor to premedical and medical students.

Dr. Yanagisawa, a New Haven native, completed his residency at Yale. He is married to internist Julia Shi, M.D. and is the father of five.

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Physician Profiles

BETH S. AARONSON, M.D.

DR. BETH AARONSON, a physiatrist and rehabilitation medicine doctor, takes a holistic approach to managing pain, injury or loss of function. "I do traditional things, like injections and prescribing medications," she says, "but try to be more comprehensive in looking at my patients' needs." Patients come to her with problems ranging from back pain and sports injuries to strokes and spinal cord injuries. "One of my priorities is teaching self-help techniques," she says, noting that she demonstrates yoga poses, stretches and strengthening exercises for her patients.

Chief of Danbury Hospital's Department of Physiatry and medical director of the Inpatient Rehabilitation Unit, Dr. Aaronson has advanced training in medical acupuncture. Her areas of interest and expertise include trauma, neurological and cancer rehabilitation, lymphedema, yoga as medicine and medical acupuncture. She provides nonsurgical, conservative management of acute and chronic pain of the neck, back and joints. "My goal," she says, "is to help each patient find the most effective techniques to reduce pain and restore function."

Medical School State University of New York at Stony Brook School of Medicine Hospital Danbury Hospital Organizations American Academy of Physical Medicine and Rehabilitation, American Medical Women's Association, American Academy of Medical Acupuncture

WESTERN CONNECTICUT MEDICAL GROUP, PHYSIATRY
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JOSSIE ABRAHAM, DPM

DR. JOSSIE ABRAHAM earned her medical degree from the New York College of Podiatric Medicine. After completing a three-year residency in podiatric medicine and surgery at the Community Medical Center in Scranton, PA, she did a fellowship in foot and ankle deformity correction at the International Institute for Limb Lengthening, Rubin Institute for Advanced Orthopedics in Baltimore, MD. She also did a trauma fellowship at the AO-Trauma Center at the Hospital of Liestal in Switzerland.

Dr. Abraham specializes in the treatment of foot and ankle deformities, including flat feet, trauma, post-traumatic arthritis, bunions, hammertoes and sports related injuries in both children and adults. Dr. Abraham has extensive training in Charcot deformity correction and focuses on continual education in the latest foot and ankle treatments.

Medical School New York College of Podiatric Medicine Hospital St. Vincent's Medical Center, Bridgeport Hospital Organizations American College of Foot and Ankle Surgeons, American Podiatric Medical Association, Board-Certified in Foot Surgery, American Board of Foot and Ankle Surgery

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DAVID ASTRACHAN, M.D.

DR. DAVID ASTRACHAN is a Phi Beta Kappa graduate of Yale University and graduated with honors from Yale University School of Medicine. He completed his residency in otolaryngology at Yale-New Haven Hospital. He and his partner, Dr. Craig Hecht, both board-certified, pride themselves on their long established practice and their ability to treat adults and children for all aspects of ear, nose and throat concerns.

He considers himself a teacher as well as a physician. An assistant clinical professor at Yale, he teaches medical students and residents that "the best doctors will always teach their patients about their conditions and why they recommend various tests or treatments." Areas of special expertise include nasal obstruction, sinusitis, snoring, tinnitus and hearing loss. A trained singer, he has special interest in care of vocal problems such as hoarseness, voice strain and discomfort. He is the consulting physician for the Yale Opera.

Medical School Yale University School of Medicine **Hospitals** Yale-New Haven Hospital, Yale-New Haven St. Raphaels's Campus, Milford Hospital **Organizations** American Academy of Otolaryngology, Connecticut State Medical Society, Academy of Otolaryngology, American Medical Association

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MYRON H. BRAND, M.D.

DR. MYRON H. BRAND has practiced gastroenterology for 30 years, screening patients for colon cancer, managing complicated diseases of the esophagus and stomach, and treating patients with Crohn's disease, ulcerative colitis and diseases of the liver. Board-certified in internal medicine and gastroenterology, he strives to combine "the intellectualism of diagnostic medicine with the ability to provide expert and up-to-date gastroenterologic care."

A clinical professor of medicine at Yale and medical director of the Yale-New Haven Shoreline Surgery Endoscopy Center, he received the Vincent DeLuca Award as outstanding teacher from the Yale gastroenterology section. His group practice offers the advantages of a university practice in a private office setting. He says, "Sophisticated gastroenterology coupled with endoscopic procedures is making a major impact in the quality and longevity of people's lives."

Medical School University of North Carolina School of Medicine **Hospital Affiliations** Yale-New Haven Hospital, Hospital of St. Raphael **Organizations** New Haven County Medical Society, Connecticut State Medical Society, American Gastroenterological Association, American College of Gastroenterology

CONNECTICUT GASTROENTEROLOGY CONSULTANTS

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88 Noble Ave., Milford • (203) 878-5694
ctgastro.com

PHILLIP S. DICKEY, M.D.

DR. PHILLIP DICKEY is that rare doctor with a broad range of expertise and skills in a field where there is no room for error. He became a neurosurgeon because he finds it exciting, dramatic and intellectually stimulating, and says, "You can actually cure a person of something that is really scary. It involves thinking on your feet. It's challenging."

Dr. Dickey, who is in solo private practice, completed his internship and residency at Yale-New Haven Hospital. He is also an assistant clinical professor at the Yale University School of Medicine. Patients find his office setting more tranquil than a hospital atmosphere. He sees new patients on Thursdays and spend a lot of time talking to them, getting them to feel relaxed. Dr. Dickey specializes in spinal and intracranial tumor surgery where, he notes, "the technique is so delicate and precise because nerve tissue is involved." He uses all the modern proven techniques including microsurgery, minimally invasive surgery and CyberKnife technology.

Medical School University of North Carolina, Chapel Hill **Hospitals** Yale-New Haven Hospital **Organizations** American Association of Neurological Surgeons, Congress of Neurological Surgeons, American Medical Association, Connecticut State Medical Society, New England Neurosurgical Society, Neurological Society of America

PHILLIP S. DICKEY, M.D. – NEW HAVEN NEUROSURGICAL ASSOCIATES, PC

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JAY V. D'ORSO, M.D., FAAP, FACP

DR. JAY D'ORSO practices as a "Med/Peds" physician, which requires dual specialty training and board-certification in each specialty of internal medicine and pediatrics. This unique background allows him to provide in-depth care to patients of all ages and multiple generations within families. Born in Norwalk, he spent much of his childhood in Fairfield County. He attended Villanova University and the Medical College of Pennsylvania (now Drexel University College of Medicine). He completed his internship and residency in Internal Medicine and Pediatrics at Shands Hospital at the University of Florida in Gainesville.

"I always wanted to be a small-town, primary care doctor," says Dr. D'Orso. As a Med/Peds practitioner, he offers comprehensive health care for newborns, babies and children, as well as for adolescents and adults. At Western Connecticut Medical Group-Ridgefield, an affiliate of Western Connecticut Health Network, he participates with most insurance plans and provides meaningful, long-term continuity of care for his patients. His practice has "compassionate, highly qualified doctors and staff who work very well as a team to conveniently meet all patient needs."

Medical School Medical College of Pennsylvania **Hospitals** Western Connecticut Health Network/ Danbury Hospital. **Organizations** American Academy of Pediatrics, American College of Physicians

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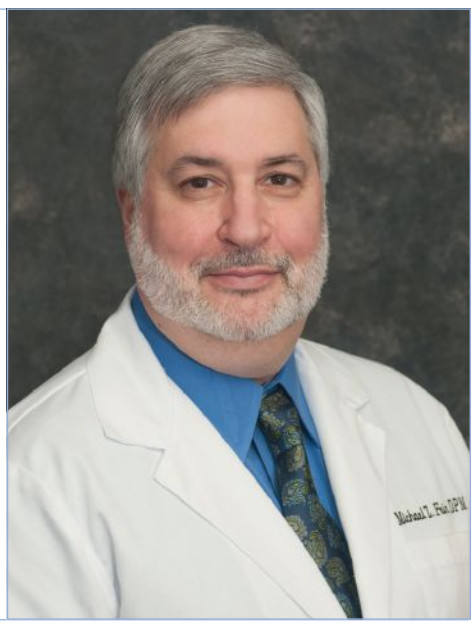
MICHAEL Z. FEIN, D.P.M.



DR. MICHAEL FEIN is chief of podiatric surgery at Danbury Hospital and has his own practice in Bethel. He earned his podiatric medical degree from the Temple University School of Podiatric Medicine, and completed his residency in foot surgery at the Broad Street Medical Center. In 2006, the Connecticut Podiatric Medical Association named him Connecticut Podiatrist of the Year.

Dr. Fein takes a personalized approach to his patients' foot and ankle health. For more than 30 years, he has built strong relationships with his patients, their families and other medical professionals. He is one of only a few physicians in Connecticut offering EPAT, an office-based pressure wave modality for the treatment of musculoskeletal conditions. In addition to his Bethel practice, he provides podiatric services at Danbury Hospital's Morganti Wound Center and at the Danbury Foot and Ankle Center, a part of Connecticut Family Orthopedics. Dr. Fein provides special expertise in diabetic foot management, bunion and hammertoe repair and heel pain.

Medical School Temple University School of Podiatric Medicine **Hospital** Danbury Hospital **Organizations** American Podiatric Medical Association, Connecticut Podiatric Medical Association, American Professional Wound Care Association

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cfortho.org

JOSEPH FIORITO, M.D.

DR. JOSEPH FIORITO received his undergraduate and medical degrees from Columbia University and completed his internship and residency in internal medicine at Mount Sinai Hospital, followed by a fellowship in gastroenterology at Montefiore Medical Center, where he remained as an academic gastroenterologist as well as director of the fellowship program at North Central Bronx Hospital. Certified by the American Board of Internal Medicine in both internal medicine and gastroenterology, he is currently chief of the division of gastroenterology at Danbury Hospital.

Since coming to Danbury Hospital 20 years ago, Dr. Fiorito has built a comprehensive regional gastroenterology service that includes all aspects of gastroenterologic care, from a focus on colorectal cancer screening to utilizing the most advanced technology for gastrointestinal malignancies and hepatobiliary disease. He also pioneered the use of hydrotherapy as a bowel preparation method for colonoscopy in select patients. "We pride ourselves on delivering the highest-quality care in a patient-centered environment," he says.

Medical School Columbia University School of Medicine **Hospital** Danbury Hospital **Organizations** American Medical Association, American Gastrointestinal Association, American Society of Gastrointestinal Endoscopy, American College of Physicians, American College of Gastroenterology, American Gastrointestinal Association, Crohn's and Colitis Foundation

WESTERN CONNECTICUT MEDICAL GROUP, GASTROENTEROLOGY
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CRAIG FLOCH, M.D., FACS
NEIL FLOCH, M.D., FACS

DR. CRAIG FLOCH and DR. NEIL FLOCH are brothers working as a team for 21 years. As a designated Center of Excellence for Bariatric Surgery by the American Society for Metabolic & Bariatric Surgery, they have performed over 3,500 weight-loss procedures. Along with their partners Dr. Abe Fridman and Dr. Peter Ingraldi, they are committed to providing surgical excellence and compassionate care. Dr. Neil Floch, Director of Minimally Invasive and Bariatric Surgery at Norwalk Hospital, graduated from Boston University School of Medicine, and completed his surgical residency at Beth Israel Medical Center and a fellowship in advanced laparoscopic surgery at the Mayo Clinic. Dr. Craig Floch, Director of Bariatric Surgery at St. Vincent's Medical Center, graduated from Chicago Medical School and completed his surgical residency at Case Western Reserve.

They see bariatric surgery as a tool addressing obesity, diabetes and other health conditions. "Each treatment plan is modeled to a patients' medical and emotional needs," says Dr. Neil Floch.

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FRANKLIN P. FRIEDMAN, M.D.
T. CASEY McCULLOUGH, D.O., FACOS

DRS. FRANKLIN FRIEDMAN and CASEY McCULLOUGH provide exceptional urologic care to men and women, as well as specialty care in all aspects of urologic oncology including minimally invasive techniques such as cryotherapy and robotic surgery.

Dr. Friedman was educated at Trinity College, the Albert Einstein College of Medicine, and trained in surgery at the University of Miami and urology at the University of Maryland. Dr. McCullough studied at Colby College, the Philadelphia College of Osteopathic Medicine, completed urology at PCOM/Albert Einstein Medical Center in Pennsylvania, and a laparoscopic/robotics fellowship at the renowned L'Institut Mutualiste Montsouris in Paris, France.

At the Backus Hospital, Dr. McCullough heads the robotics program in urology and uses the da Vinci platform to perform prostate, kidney and bladder surgeries. Together, they employ a multidisciplinary approach to cancer therapy participating in research protocols offered through Backus and its affiliation with Hartford Healthcare and Memorial Sloan Kettering. They are the only urologic practice in Eastern Connecticut providing advanced robotic surgery. Their goal is to provide compassionate, quality, cutting-edge care to their patients.

EASTERN CONNECTICUT UROLOGY
330 Washington St., Ste. 350, Norwich (860) 886-1956 • easterncturology.com

STEFANO FUSI, M.D., FACS, MBA

DR. STEFANO FUSI, has been a pioneer at Yale in microsurgical breast reconstruction. He introduced and developed perforator base breast reconstruction at Yale approximately 10 years ago with the DIEP flap. The DIEP flap uses abdominal fat with its own blood supply to recreate a breast for mastectomy patients without harming any of the abdominal muscle. He remains one of the few plastic surgeons in the Connecticut area who has perfected this technically demanding procedure. He performs approximately 200 such cases each year. In addition, he recently started a program that focuses on new surgical treatments for patients with lymphedema. The focus of this program is patients with secondary lymphedema, or those patients with lymphedema as a result of cancer treatment.

All along he has continued to refine his craniofacial expertise by building a strong cosmetic practice. In addition to facial aesthetic surgery, he also performs breast and body contouring, as well as non-surgical rejuvenation methods such as injectables and fillers. For the last 24 years he has led mission trips to Asia, South America, and the Middle East performing craniofacial surgeries on underpriveledged children, which he looks forward to annually and will continue to do for the foreseeable future.

Medical School Università di Roma School of Medicine, Yale School of Medicine Hospitals **Hospital Affiliation** Yale-New Haven Hospital, St Vincent's Medical Center **Organizations** American Society of Plastic Surgery, American Society for Aesthetic Plastic Surgery, (Fellow), American College of Surgeons, American Society of Maxillofacial Surgeons

STEFANO FUSI, M.D.
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BORIS GOLDMAN, M.D.

DR. BORIS GOLDMAN received his undergraduate degree from Brandeis University and medical degree from the UConn School of Medicine. He completed his combined general/plastic surgery residency at Butterworth Hospital in Michigan and the Grand Rapids Area Medical Education Consortium with a cosmetic surgery fellowship in Miami Beach, Florida. Dr. Goldman is included in the *Guide to America's Top Surgeons* and *America's Top Doctors* and has received the AMA Physician's Recognition Award. He holds several patents and has lectured nationally and internationally on topics in his area of specialization.

Dr. Goldman is certified by the American Board of Plastic Surgery, has distinguished himself in clinical research and has expertise in reconstructive and cosmetic surgeries. He is skilled in nonsurgical anti-aging injectables, including Sculptra®, Restylane®, Juvederm®, Radiesse® and Botox®. "I combine the most effective surgical and nonsurgical techniques with sound judgement and artistry to obtain optimal results, with the goal of creating a youthful, natural looking appearance," he says.

Medical School UConn School of Medicine **Hospitals** Danbury Hospital, Norwalk Hospital, Griffin Hospital **Organizations** American Society of Aesthetic Plastic Surgeons, American Society of Plastic Surgeons, Northeastern Society of Plastic Surgeons, American College of Surgeons (Fellow)

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DONALD R. GREENE, M.D.

DR. DONALD GREENE earned his medical degree from the State University of New York at Buffalo School of Medicine and Biomedical Sciences. He did his postgraduate training at the University of Pennsylvania and the Yale University School of Medicine, serving as chief resident in dermatology in his final year. He is an assistant clinical professor in dermatology at Yale.

Dr. Greene says he chose dermatology because he can treat patients of all ages and both genders, using both medical and surgical therapies. He truly enjoys the ongoing professional relationships that he has developed with his patients over 30 years. He has performed volunteer activities for Branford, New Haven and the state of Connecticut. His biography appears in *Who's Who in America* and *Who's Who in the World*.

He is a fellow of the American Academy of Dermatology and the American Society for Dermatologic Surgery and a diplomate of the American Board of Dermatology. He is also a member of American Mensa.

Medical School State University of New York at Buffalo School of Medicine and Biomedical Sciences **Hospital** Yale-New Haven Hospital **Organizations** New England Dermatological Society, Annenberg Circle of the Dermatology Foundation, American Medical Association, New Haven County Medical Association, Connecticut Dermatology and Dermatologic Surgery Society

DERMATOLOGY AND DERMATOLOGIC SURGERY

5 South Main St., Branford • (203) 481-3419

SANJAY K. GUPTA, M.D. FRCS, FRCS (ORTH)

DR. SANJAY K. GUPTA is a graduate of JIPMER, a top medical school in Pondicherry, India. He completed his orthopedic residency and earned a Masters in Orthopedic Engineering from the University Hospital of Wales in Cardiff. He completed a two year fellowship in adult hip and knee reconstruction at the Hospital for Special Surgery and Lenox Hill Hospital. He is an assistant professor at the University Of Vermont School Of Medicine and serves as medical director for joint replacement at Danbury Hospital.

Although he has performed thousands of successful traditional knee and hip replacements, he is proud that Danbury Hospital recently became the first one in the state to offer robotic-assisted joint replacement surgery. The longevity of artificial joints depends, in part, on the alignment. Using a 3-D model of the joint, he performs virtual surgery on the screen first, then on the patient with the help of a robotic arm. This means very precise alignment of all moving parts and being able to make adjustments during surgery, so "there's no surprise."

Medical School Jawaharlal Institute of Postgraduate Medical Education & Research (JIPMER) **Hospital** Danbury Hospital **Organizations** American Association of Orthopedic Surgeons, American Association of Hip and Knee Surgeons, Intercollegiate Specialty Board (Fellow), Royal College of Surgeons (Fellow)

ORTHOPAEDICS SPECIALISTS OF CONNECTICUT

60 Old New Milford Rd., Ste. 3E, Brookfield • (203) 775-6205 • sanjaykguptamd.com

CHARLES HERRICK, M.D.

DR. CHARLES HERRICK received his undergraduate degree from the University of Illinois and his medical degree from Southern Illinois University. He completed his internship in psychiatry and medicine and his residency in psychiatry at Tufts, as well as a fellowship in child psychiatry at the University of California, San Francisco. He is certified by the American Board of Psychiatry and Neurology and currently serves as the Chairman of the Department of Psychiatry at Danbury Hospital. He sits on the Behavioral Health Partnership Oversight Committee, which oversees mental health care for patients in Connecticut.

Dr. Herrick emphasizes the importance of spending time with patients to understand whether medications are indicated. "With the increasing complexity of the various medications patients are taking for both medical and psychiatric reasons, it's important to avoid overprescribing," he says.

Medical School Southern Illinois University **Hospitals** Danbury Hospital, New Milford Hospital **Organizations** American Medical Association, American Psychiatric Association, Danbury Hospital Medical Ethics Committee (co-chair)

WESTERN CONNECTICUT MEDICAL GROUP, PSYCHIATRY
24 Hospital Ave., Danbury • (203) 739-7443 • WesternConnecticutMedicalGroup.org

JEFFREY N. KAPLAN, M.D.

DR. JEFFREY N. KAPLAN, has been honored with a "Top Doctor" award for five consecutive years from the Consumers' Research Council in the Guide to America's Top Ophthalmologists. After completing his ophthalmology residency at Downstate Medical Center in New York City, he joined world-renowned ophthalmologist Dr. Seymour Dubroff in the Washington, D.C., area.

Dr. Kaplan has performed more than 12,000 cataract surgeries. His expertise includes implanting specialty intraocular lenses including the Toric lens to correct astigmatism and multifocal intraocular lenses to eliminate or reduce the need for reading glasses after cataract surgery. "Doctors and patients have different choices when it comes to the type of lens that is implanted during cataract surgery," he notes. "There are definite differences in each…. People with astigmatism, glaucoma or macular degeneration may not be good candidates for multifocal lenses, which cut some light. I take the time to make sure that I can maximize the outcome and that the patient's goals and mine coincide."

Medical School Stony Brook University School of Medicine **Hospital Affiliation** Bridgeport Hospital **Organizations** American Academy of Opthalmology (Diplomate), American Medical Association, Fairfield County Medical Society, Connecticut Society of Eye Physicians

EYE GROUP OF CONNECTICUT, LLC
4699 Main St., Bridgeport • (203) 374-8182 • eyegroupct.com

MICHAEL J. KAPLAN, M.D.

DR. MICHAEL KAPLAN is senior medical correspondent for ESPN. A former team physician with the NFL, he will be on the Team USA at the European games in Berlin this summer and Pan American games in Santiago next year. In 2017, he will be head physician for Team USA at the Maccabean games in Israel.

Dr. Kaplan graduated with honors from the University of Vermont College of Medicine. He did surgical and orthopedic residencies through the University of Vermont College of Medicine and completed a fellowship in sports medicine at the American Sports Medicine Institute with James Andrews and Bill Clancy.

An authority in partial knee replacement and shoulder surgery, he treats patients who ache from activities of daily life and suffer injuries. "Pain and functional compromise are depressors, and it's a privilege to help people back to better function." He offers preventative medicine, diagnosis, conservative care through operative management of cartilage and ligament deficiency and reconstructive procedures. He is on the clinical staff of Yale's Department of Orthopedic Surgery.

Medical School Damascus University School of Medicine **Hospital Affiliation** Manchester Memorial Hospital, Rockville General Hospital, Saint Francis Hospital and Medical Center **Organizations** American College of Surgeons, American Society of Breast Surgeons

DR. MICHAEL J. KAPLAN & ACTIVE ORTHOPAEDICS P.C.
1579 Straits Tpk., Middlebury • 203-758-1272 • michaeljkaplanmd.com

ANYA KISHINEVSKY, M.D.

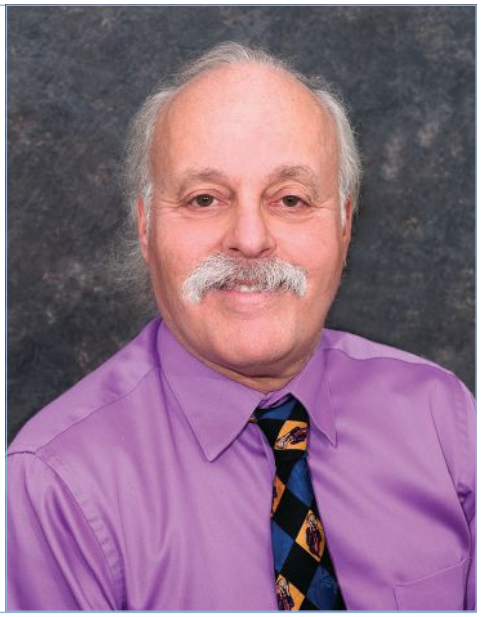
DR. ANYA KISHINEVSKY graduated with honors from Johns Hopkins University with a B.A. in biology. She earned her medical degree from Albert Einstein College of Medicine. She did residencies in general surgery at Montefiore Medical Center and plastic surgery at Yale-New Haven Hospital. She trained with several leaders in cosmetic surgery, including Drs. Jack Gunter, Sherrell Aston, Nicholas Tabbal, Dan Baker, and Allan Matarasso. She offers patients the newest, proven options for breast reconstruction, including microsurgery, fat transfer, implants, and muscle flaps.

Dr. Kishinevsky performs a wide variety of non surgical and surgical treatments for cosmetic and functional purposes with natural looking results by making subtle, but effective improvements in a patient's appearance. "I never want my patients to look as if they had any work done. I want them to look rested and refreshed." She has worked with many trauma patients of all ages, including high profile reconstructive cases. She is on call 24/7 so that people who have suffered facial injuries can get expert treatment with minimal scarring.

Medical School Albert Einstein College of Medicine **Hospital Affiliation** Bridgeport Hospital, Saint Vincent's Medical Center, Greenwich Hospital **Organizations** American Medical Association, American Society of Plastic Surgeons, American Medical Women's Association

ANYA KISHINEVSKY, M.D.
722 Post Rd., Darien • (203) 656-9999
55 Walls Dr., Ste. 405, Fairfield • (203) 656-9999 • anyakishinevskymd.com

MICHAEL KRALL, M.D.



DR. MICHAEL KRALL has practiced allergy and immunology in Hartford with Allergy Associates of Hartford for the past 24 years. He received a B.A. in American literature from George Washington University. He earned his medical degree from Thomas Jefferson Medical College. He completed a fellowship in pediatric allergies at Jefferson at Jefferson University Hospital in Center City, Philadelphia, in a program modeled on distinguished protocols for allergies and respiratory diseases at National Jewish Hospital in Denver. He is board-certified in allergy and immunology and in pediatrics.

Dr. Krall suffered from asthma since infancy and truly understands what patients go through. Thanks to medical advances, most children today are not hospitalized for asthma, as they were when he first studied allergy and immunology. "I love my job," he says. "I love to go to work each day. I give everything I have during the day. It's a privilege to do this job."

Medical School Thomas Jefferson Medical College **Hospitals** Saint Francis Hospital and Medical Center, Hartford Hospital, Eastern Connecticut Health Network, Connecticut Children's Medical Center **Organizations** American Academy of Allergy, Asthma and Immunology, New England Society of Allergy, Connecticut State Medical Society, Hartford County Medical Association

ALLERGY ASSOCIATES OF HARTFORD, PC
19 Woodland St., Hartford • (860) 246-7273
105 West Rd., Ellington • (860) 875-7660 • allergyassociatesofhartford.com

SETH LERNER, M.D.

DR. SETH LERNER was a history major at Columbia College before studying medicine at Boston University. After his internship at Long Island Jewish Hospital in New York, he completed his residency in dermatology at the University of Iowa Hospitals and Clinics. He has developed and patented a surgical instrument known as the Lerner Skin Hook. Dr. Lerner is on staff at Bridgeport Hospital and is an assistant clinical professor of dermatology at the Yale School of Medicine.

Early cancer detection is a prime focus of Dr. Lerner's practice. Recently, he served as an investigator in a multicenter study for the development of a computerized system to identify early melanoma. His practice also offers an array of cosmetic treatments as well as sensitive care for its patients suffering from a variety of skin diseases. After more than 20 years in Connecticut, Dr. Lerner "enjoys working in a practice that caters to children and adults offering personalized care suited to each individual's needs."

Medical School Boston University School of Medicine **Hospitals** Yale-New Haven Hospital, Bridgeport Hospital **Organizations** American Academy of Dermatology (Fellow), American Society for Dermatologic Surgery (Fellow), Fairfield County Medical Association

ADULT & PEDIATRIC DERMATOLOGY SPECIALISTS, PC
160 Hawley La., Trumbull • (203) 377-0639
162 Kings Hwy. N., Westport • (203) 222-0198
dermatologyspecialists-ct.com

CHRISTOPHER MANFREDI, D.O. FAASM, FCCP

DR. CHRISTOPHER MANFREDI completed his pre medical studies at Boston College and then attended the University of New England College of Osteopathic Medicine. He did his rotating internship at St. Barnabas Hospital and completed his internal Medicine residency and Pulmonary fellowship through Yale University/Norwalk Hospital. He did a fellowship in critical care at Yale-New Haven Hospital. He is board-certified in the specialties of critical care, pulmonary disease and sleep medicine.

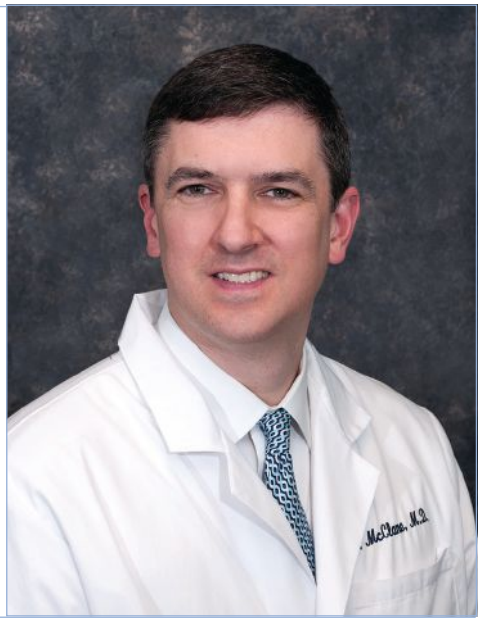
Dr. Manfredi, who is director of the Sleep Disorders Center at Norwalk Hospital, explains that about 60-70 percent of people referred to a sleep center suffer from sleep apnea. He also treats patients who suffer from insomnia and other sleep problems. He partners with Dr. Caroline Kurtz at Norwalk Pulmonary Consultants. "People like the calmness of the office," he says, "and the fact that we're a small group, not a big giant group. There are one or no people in the waiting room. I run pretty much on time which, I think, people appreciate. I try to treat people the way I would want to be treated in a doctor's office."

Medical School University of New England College of Osteopathic Medicine **Hospital Affiliation** Norwalk Hospital **Organizations** American Thoracic Society, American College of Chest Physicians (Fellow), American Academy of Sleep Medicine (Fellow)

NORWALK PULMONARY CONSULTANTS

30 Stevens St., Norwalk • (203) 855-3888 • norwalkhospital.org

JAMES M. McCLANE, M.D.



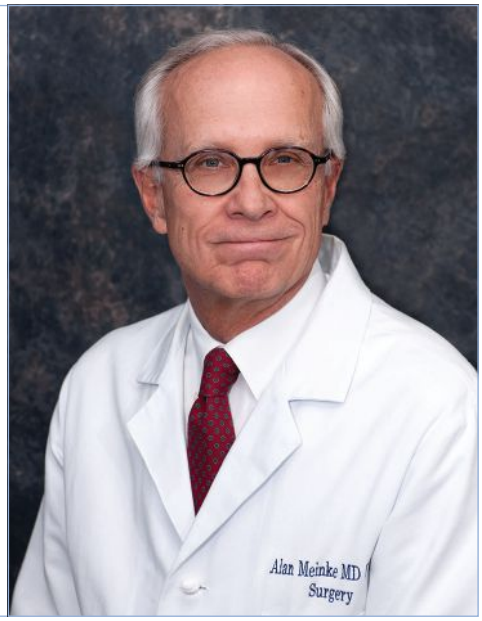
DR. JAMES McCLANE graduated summa cum laude from Duke University with a B.S.E. in biomedical engineering. He earned his medical degree from Weill Cornell Medical College. He did his residency at Thomas Jefferson University Hospital in Philadelphia and completed his fellowship in colon and rectal surgery at the Cleveland Clinic. He received the Melville G. Magida Award from the Fairfield County Medical Association in 2008, an award that is presented annually to an area physician under the age of 40 who demonstrates exceptional patient care skills. He is the chief of colon and rectal surgery, director of surgical education, and medical director of the Colon and Rectal Cancer Program at Norwalk Hospital.

Dr. McClane treats colon and rectal cancer, diverticulitis, inflammatory bowel disease, rectal prolapse, anal fistulas, and hemorrhoids. He has a special interest in sphincter-preserving surgery for rectal cancer. He is one of the few area physicians who regularly performs minimally invasive robotic colorectal surgery. He finds that this approach, with its enhanced visualization, dexterity and precision, expands the limits of minimally invasive surgery.

WESTERN CONNECTICUT MEDICAL GROUP, COLON AND RECTAL SURGICAL CARE

30 Stevens St., Ste. D, Norwalk • (203) 852-2262 • norwalkhospital.org

ALAN K. MEINKE, M.D., FACS



DR. ALAN MEINKE is a magna cum laude, Phi Beta Kappa graduate of Albion College. He earned his medical degree from Wayne School of Medicine in Detroit and completed a five year-surgical fellowship in a broad range of general surgical disciplines at the Mayo Clinic in Rochester, Minnesota. A fellow of the American College of Surgeons, his clinical focus is in minimally invasive surgery and robotic surgery.

As Vice Chairman of the Department of Surgery and Director of Surgical Quality at Norwalk Hospital, Dr. Meinke strongly believes in working collaboratively to provide superior communication between physicians, the surgical team, and patients. He has been working with the Connecticut American College of Surgeons to support an *Enhanced Recovery After Surgery (ERAS)* program to foster better outcomes throughout the state.

Medical School Wayne State University School of Medicine **Surgical Fellowship** Mayo Clinic **Hospital Affiliation** Norwalk Hospital **Organizations** American College of Surgeons (Fellow), New England Surgical Society, Society for Surgery of the Alimentary Tract, Society of American Gastrointestinal Endoscopic Surgeons, Société Internationale de Chirurgie

WESTERN CONNECTICUT MEDICAL GROUP, SURGEONS OF WESTPORT

125 Kings Highway North, Westport • (203) 221-0059 • Alan.Meinke@norwalkhealth.org

CLAUDIO P. MILITE, M.D., F.A.C.P.

DR. CLAUDIO MILITE graduated with a B.S. degree in biology at Fordham University and earned his medical degree at Stony Brook University School of Medicine. He trained in internal medicine at SUNY Stony Brook University Hospital and completed a fellowship in nephrology at New York Hospital Cornell University Medical Center. He is board-certified in internal medicine and nephrology.

"The specialties choose you rather than the other way around," he says. "Nephrology is particularly challenging and exciting because of the complex metabolic problems…and trying to deal with a lot of different factors all at once." He treats difficult to control hypertension, autoimmune disorders, kidney stone prevention, chronic kidney disease, and anemia. With kidney disease on the rise, especially among those over 65, Dr. Milite works diligently to educate patients about options, treats comorbidities of chronic kidney disease, gets patients in good shape for renal transplantation, and works in post-transplant settings to avoid issues that may endanger their transplants so they may enjoy years of good health and productive lives.

Medical School SUNY Stony Brook School of Medicine Hospitals Eastern Connecticut Health Network, Manchester Memorial Hospital, Rockville General Hospital, Windham Hospital **Organizations** (Fellow), American College of Physicians, Tolland County Medical Society, American Society of Nephrology, Renal Physicians Association

NORTHEASTERN NEPHROLOGY ASSOCIATES, PC
281 Hartford Turnpike, Ste. 210, Vernon • (860) 872-8563
90 Quarry St., Willimantic • (860) 456-3800
claudiomilite.md.com • echn.org

MARK S. MILNER, M.D., FACS

DR. MARK MILNER earned his medical degree from SUNY Upstate and completed his ophthalmology residency at the NY Eye and Ear Infirmary. He did a fellowship at The Francis I. Proctor Foundation at UCSF in cornea, external disease and uveitis. Along with expertise in refractive surgery, he performs advanced corneal procedures and was among the first in the area to offer DSAEK, a less invasive corneal transplant for patients with endothelial dystrophies. He is the only CT ophthalmologist to treat blepharitis with LipiFlow® and is the only ophthalmologist between NY and Boston to perform mini-telescopic implants for patients with macular degeneration.

A national expert in dry eye syndrome, Dr. Milner lectures throughout the world and is involved in several studies. As an Associate Clinical Professor at Yale School of Medicine, he received the "Excellence in Teaching" award. He is a co-founder and co-medical director of Precision LASIK Group, a center for laser vision correction surgeries performed by corneal fellowship-trained ophthalmologists.

Medical School SUNY/Upstate Medical School **Hospitals** Yale-New Haven Hospital **Organizations** American Academy of Ophthalmology, American Medical Association, Connecticut Society of Eye Physicians, American Society of Cataract and Refractive Surgery, Cornea Society, CEDARS Society (Cornea, External Diseases and Refractive Surgery), Founding Member

THE EYE CENTER OF SOUTHERN CONNECTICUT
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249 West Main St., Branford • (203) 483-2000
415 Highland Ave., Cheshire • (203) 272-5494
150 Sargent Dr., Ste. 7, New Haven • (203) 781-4307 • eyecenterct.com

PRECISION LASIK GROUP
700 West Johnson Ave. Ste. 101
Cheshire • (203) 250-9800
precisionlasikgroup.com

RAJI MULUKUTLA, M.D.

DR. RAJI MULUKUTLA received her master's degree in public health from Johns Hopkins University and went on to attend medical school at Ohio State University. During this time she developed an interest in ophthalmology and ultimately completed an ophthalmology residency at Temple University Hospital in Philadelphia.

Dr. Raji's surgical practice is focused on advanced cataract surgery, including complex cases and placement of advanced technology intraocular lens implants. She is now performing state-of-the-art, laser-assisted cataract procedures. Her other interests include laser treatments for glaucoma, treatment of diabetic retinopathy, and cosmetic procedures such as Botox, fillers and upper eyelid surgery. Dr. Raji believes that whatever the procedure, a successful outcome depends as much on the quality of communication between physician and patients as it does on the surgeon's skill. "I think it's a privilege to help people see and look better," she adds.

Medical School Ohio State University College of Medicine **Hospital** Hartford Hospital, Middlesex Hospital **Organizations** American Academy of Ophthalmology, American Society of Cataract & Refractive Surgeons, Connecticut State Medical Society, Middlesex County Medical Association (Past President), Connecticut Society of Eye Physicians

MIDDLESEX EYE PHYSICIANS
400 Saybrook Rd., Ste. 100, Middletown • (860) 347-7466
4 Grove Beach Rd. N., Westbrook • (860) 669-5305
240 Middletown Ave., East Hampton • (860) 295-6440 • middlesexeye.com

MICHAEL P. NOONAN, M.D.

DR. MICHAEL NOONAN graduated from Williams College magna cum laude with a degree in chemistry. He was a member of Phi Beta Kappa. He earned his medical degree from New York University School of Medicine. He did his internship at Yale, concentrating on pediatrics, and completed his dermatology residency at George Washington University School of Medicine. He is board-certified in general and pediatric dermatology.

Dr. Noonan is on staff at Bridgeport Hospital and is assistant clinical professor of dermatology at Yale University School of Medicine. As the father of four children, he understands parents' concerns about skin issues such as eczema, warts, rashes and acne. He also treats adults who have moles and skin cancer and tries to see patients fairly quickly, even when the practice is very busy. With his three colleagues at Adult & Pediatric Dermatology, he can offer patients the most advanced proven techniques to treat various skin conditions.

Medical School New York University School of Medicine, George Washington University School of Medicine **Hospitals** Yale-New Haven Hospital, Bridgeport Hospital **Organizations** American Academy of Dermatology, American Medical Association, Fairfield County Medical Association, Connecticut State Medical Society, Society for Pediatric Dermatology

ADULT & PEDIATRIC DERMATOLOGY SPECIALISTS, PC
160 Hawley La., Trumbull • (203) 377-0639
162 Kings Hwy. N., Westport • (203) 222-0198 • dermatologyspecialists-ct.com

JOSEPH B. O'CONNELL, M.D.

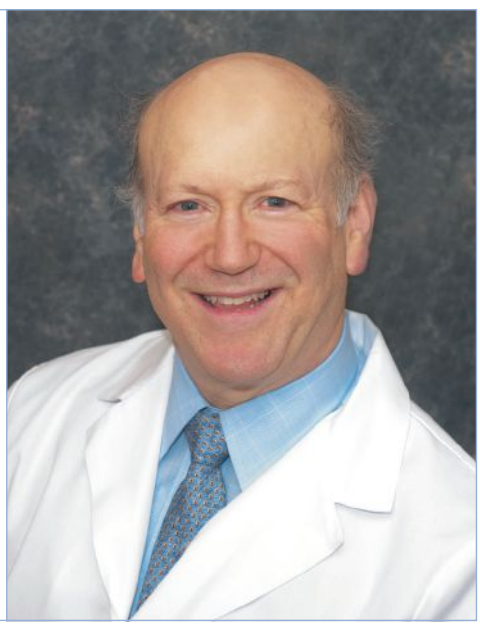
DR. JOSEPH B. O'CONNELL, a Connecticut native, earned a B.A. in biology from the University of Rochester and his medical degree from Weill Cornell Medical College. He trained at the New York Hospital – Cornell Medical Center, where many advances in plastic surgery were introduced. A former chief of plastic surgery at Bridgeport Hospital, Dr. O'Connell is a board examiner for the American Board of Plastic Surgery and has served as a facility examiner for the American Association for Accreditation of Ambulatory Surgical Facilities. He has been named a Castle Connelly New York Metro Area Top Doctor for the past 14 consecutive years.

Dr. O'Connell remains on the forefront of minimally invasive aesthetic procedures that foster superior results, easier healing and less risk. He developed the Quill Facelift, a procedure that raises the structures on the face and tightens the neck without going into deeper tissues or requiring implants. To optimize results, Dr. O'Connell personally injects all Botox and fillers, and performs surgery in an accredited ambulatory surgical facility staffed with an anesthesiologist who remains with the patient throughout the surgery.

Medical School Weill Cornell Medical College **Hospital Affiliation** Bridgeport Hospital **Organizations** American Society of Plastic Surgeons, American Society for Aesthetic Plastic Surgery, Connecticut Society of Plastic & Reconstructive Surgeons, Connecticut State Medical Society, Fairfield County Medical Association

JOSEPH B. O'CONNELL
208 Boston Post Rd. West, Wesport • (203) 454-0044 • plasticsurgeryct.com

MARK I. OESTREICHER, M.D.



DR. MARK OESTREICHER graduated from the Bronx High School of Science, the nation's premier magnet science school. He earned a B.S. in biology from Stony Brook University and his medical degree from Albany Medical College. Following an internship at Albany Medical Center Hospital, he completed his residency in dermatology at UCLA Health Sciences Center, where he was among the early doctors to use fillers to improve the skin's appearance.

Dr. Oestreicher is board-certified in both internal medicine and dermatology and notes that some "skin issues are related to internal diseases." Although he specializes in cosmetic treatments, he sees patients with "all disorders of the skin, hair and nails." He gets many referrals from pediatricians to treat children with difficult skin problems. In his group practice, he has immediate access to precision laser treatment of brown spots, red spots and other flaws. He also treats patients with spider veins and hair loss after chemotherapy.

Medical School Albany Medical College, UCLA Health Sciences Center **Hospitals** Yale-New Haven Hospital, Bridgeport Hospital, Norwalk Hospital **Organizations** American Academy of Dermatology, American Society for Dermatologic Surgery, Fairfield County Medical Association, Connecticut State Medical Society

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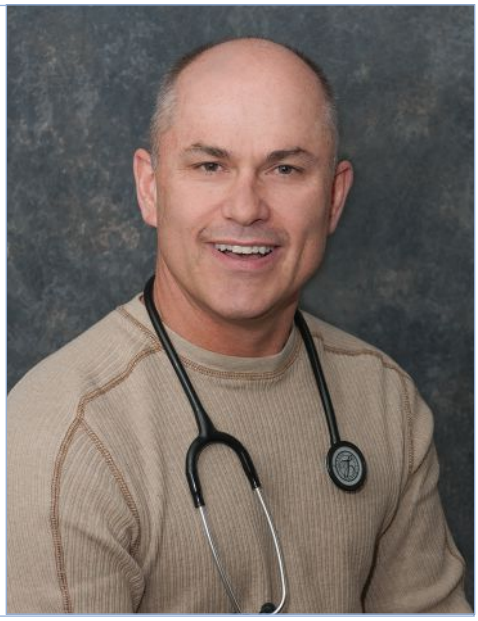
dermatologyspecialists-ct.com

CASEY K. OTT, M.D.



DR. CASEY OTT graduated from Tel Aviv University Sackler School of Medicine. He did his internship, residency in internal medicine and fellowship in geriatric medicine at the Baystate Medical Center/Tufts University. The field of geriatrics "just clicked" for him, and his fellowship thesis comparing the efficacy of geriatric-only practices to internal or family medicine practices won the American Geriatric Society Presidential award.

Dr. Ott performs an extensive Geriatric Assessment on all his new patients. He notes that poly-pharmacy (more than four medications) is an increasing problem in geriatrics. Thus, he will try to reduce and eliminate medications that conflict with each other. He puts emphasis on the "Geriatric Syndromes" such as memory loss, urinary incontinence, gait imbalance, weight loss and failure to thrive. Dr. Ott welcomes family members to be part of overall discussion since this may shed light on issues that may be missed during a regular interview.

Dr. Ott's goal is to help patients maintain not just good health but quality of life.

Medical School Tel Aviv University Sackler School of Medicine **Hospitals** Danbury Hospital
Organizations American Geriatric Society, The American Association for Geriatric Psychiatry

WESTERN CONNECTICUT MEDICAL GROUP
22 Old Waterbury Rd., Ste. 108, Southbury • (203) 262-4200

DAVID PASSARETTI, M.D., FACS

DR. DAVID PASSARETTI is a board-certified plastic surgeon specializing in both cosmetic and reconstructive surgery. He graduated cum laude in biology and classics from Union College and earned his medical degree from Tufts University School of Medicine. He completed a six-year residency at the University of Cincinnati's Division of Plastic, Reconstructive and Hand Surgery and a research fellowship at Mass General Hospital.

"No one should ever look as if they had surgery," says Dr. Passaretti. "The result should be a natural-looking enhancement. Cosmetic surgery can give you added confidence and improve the quality of your life." His expertise in cosmetic and reconstructive breast surgery, body contouring (including post-bariatric surgery) and facial surgery brings many referrals from doctors in the community. Nonsurgical procedures such as injectables and laser are also options. "My patients receive the highest quality care at our accredited, state-licensed ambulatory center in Darien," he says, "with safety being my top priority."

Medical School Tufts University School of Medicine **Organizations** The American Society of Plastic Surgeons, The American Society of Bariatric Plastic Surgeons, American College of Surgeons

DAVID PASSARETTI, M.D.
722 Post Rd., Darien • (203) 656-9999
DavidPassarettiMD.com

JENNIFER W. PENNOYER, M.D.

DR. JENNIFER PENNOYER earned her B.A. from Harvard University and her medical degree from UConn School of Medicine. She did further training in UConn's integrated residency program and completed her dermatology residency at Dartmouth Hitchcock Medical Center. She is board-certified and a fellow of the American Academy of Dermatology and an associate clinical professor at UConn School of Medicine.

Dr. Pennoyer's practice is at the forefront of comprehensive medical, cosmetic and laser dermatology. With one of the most robust offerings of clinical lasers and other advanced FDA-approved technologies, Dr. Pennoyer is typically the first local practice to offer any new technology. The practice provides cosmetic procedures that address the broadest range of issues-including several revolutionary fat reduction and radio frequency treatments. Her expertise in cosmetic procedures produces natural-looking enhancement. Pennoyer MD Skin Science®, her exclusive line of skincare products, is solely based on cutting-edge ingredients that have been scientifically proven to be effective and safe. Dr. Pennoyer also specializes in the medical and surgical treatment of skin disorders such as skin cancers.

Medical School University of Connecticut School of Medicine **Hospital** Saint Francis Hospital and Medical Center **Organizations** American Academy of Dermatology, American Society for Laser Medicine and Surgery, American Society for Dermatologic Surgery, American Society for Photodynamic Therapy, Connecticut Dermatology Society

JENNIFER W. PENNOYER, M.D., LLC **MEDICAL, COSMETIC AND LASER DERMATOLOGY**
47 Jolley Dr., Bloomfield • (860) 243-3020 • drjenniferpennoyer.com

LJILJANA PLISIC, M.D.

DR. LILI PLISIC is a graduate of the Sophie Davis School of Biomedical Education at City College of New York and New York Medical College. She is a partner at County Obstetrics and Gynecology and the director of the AIUM-certified Ultrasound program.

She is happy to announce exciting additions. "We now have a collaborative physician midwifery practice where we provide one-on-one care during labor and birth." Carol Brekus-Watson, Chief CNM, is joined by Michelle Plyler and Lucy O'Connell on our CNM staff. "Cristina Gioioso-Datta, MD, has joined our physicians Drs. Howard Simon, Norman Ravski, Scott Casper, Adina Chelouche, Anna Tirado, Susan Richman, JoAnn St. Pierre, NP, sonographers Lisa Bevins, Fernanda Cunha, Trudi Borkowski, Jill Hazelwood, and patient educator Kim Santagata. We welcome her to our staff."

Dr. Plisic is deeply compassionate about women's health and welcomes new patients of all ages to County Ob/Gyn. Patients can meet any of the 12 providers in one of their conveniently located offices.

Medical School New York Medical College **Hospital** Yale-New Haven Hospital **Organizations** American Board of Obstetrics and Gynecology (Diplomate), American College of Obstetrics and Gynecology (Fellow) New Haven Obstetrical Society, American Institute of Ultrasound in Medicine, New England Ob/gyn Society

COUNTY OBSTETRICS AND GYNECOLOGY
687 Main St., Branford • (203) 488-8306
46 Prince St., New Haven • (203) 777-6293
1062 Barnes Rd., Wallingford • (203) 949-0450
2 Samson Rock, Meigswood, Ste. 1-C, Madison
(203) 421-6321
countyob.com

ANDREW H. RICE, D.P.M., FACFAS

DR. ANDREW H. RICE graduated from Temple University School of Podiatric Medicine and completed his residency at the VA Medical Center/Yale School of Medicine. Dr. Rice is the current Chief of Podiatry at Norwalk Hospital and an attending physician at its Wound Care Hyperbaric Medicine Program and at Critical Limb Ischemia/Limb Preservation Clinic. He is also a Clinical Assistant Professor in the Department of Orthopedics and Rehabilitation at the Yale University School of Medicine. He has published several journal articles.

Dr. Rice's specialties include treating foot trauma, sports injuries, complex foot deformities, diabetic limb preservation and reconstructive foot surgery including bunions, hammertoes, tendon injury, complex open wounds and arthritis. Dr. Rice has served as Principle Investigator for six clinical trials, and is currently enrolling patients in an open label, randomized trial for patients with chronic wounds on the lower extremities. Dr. Rice welcomes Dr. Sarah Russell to Fairfield County Foot Surgeons.

Medical School Temple University School of Podiatric Medicine **Hospital** Yale-New Haven Hospital, Norwalk Hospital, Stamford Hospital **Organizations** American Podiatric Medical Association, American College of Foot and Ankle Surgeons, Society for Vascular Surgery, Board Member, Vascular Health Forum

FAIRFIELD COUNTY FOOT SURGEONS, PC
4 Colony Place, Norwalk • (203) 866-3377
fcfootsurgeons.com

YALE SCHOOL OF MEDICINE *Department of Medicine Critical Limb Preservation Clinic*
800 Howard Ave., New Haven • (203) 737-6335

DAVID S. ROSENBLUM, M.D.

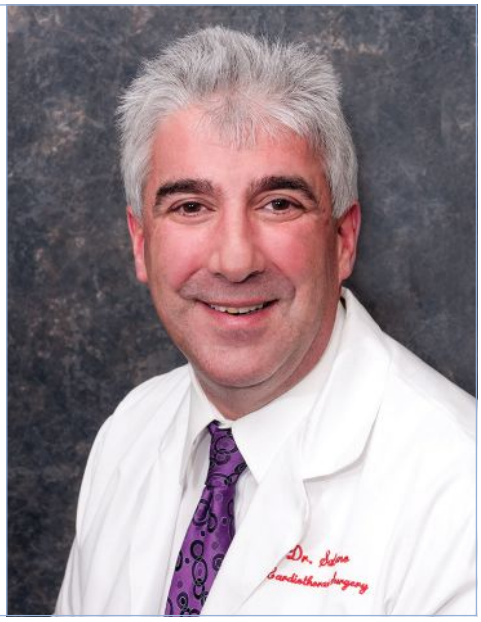
DR. DAVID ROSENBLUM graduated summa cum laude from the University of Buffalo School of Medicine and Biomedical Sciences and completed his residency in physical medicine and rehabilitation at Columbia-Presbyterian Medical Center. He is the medical director of outpatient and rehabilitation and spinal cord injury research at Gaylord Hospital in Wallingford.

"People come from all over Connecticut and beyond to Gaylord," he says, "because it is part of a network of 14 national spinal cord injury model systems that pool research and data to help deliver quality, cost-effective care to those recovering from spinal cord injury or illness". He is board-certified in physical medicine and rehabilitation, spinal cord injury medicine, and brain injury medicine, and works with patients dealing with spinal cord injury, severe strokes, multiple trauma, multiple sclerosis, post-polio and other conditions. "In rehab, people often have significant issues with disabilities," he says. "We are here to maximize their ability even in disability."

Medical School University of Buffalo School of Medicine and Biomedical Sciences **Hospitals** Gaylord Hospital, Yale-New Haven Hospital **Organizations** New Haven County Medical Association, Connecticut Society of Physical Medicine & Rehabilitation, Academy of Spinal Cord Injury Professionals

DAVID S. ROSENBLUM, M.D.
Gaylord Hospital
Gaylord Farm Rd., Wallingford • (203) 741-3348 • gaylord.org

RICHARD P. SALZANO, M.D.



DR. RICHARD SALZANO graduated summa cum laude with a B.S. in biochemistry, biophysics and molecular biology from Yale University. He earned his degree from the University of Rochester School of Medicine & Dentistry. After completing his residency at Hartford Hospital, he returned to Rochester for a fellowship in cardiothoratic surgery. Early on, he knew that he wanted to perform open heart surgery. The "atmosphere, the magnitude of the operation…the surgeon was very skilled, very [much] in control."

Among the services Dr. Salzano offers is lung cancer screening for people at risk for the disease. He notes that there is a change in the demographics of cardiac care, with less bypass surgery of traditional heart disease and more treatment of valve disease and end-stage heart failure. Now chairman of surgery as well as co-director of the lung cancer screening program at Griffin Hospital, he praises the hospital's commitment to the Planetree program, which emphasizes patient-centered care. "We can't look at people as procedures or X-rays or intervention…they are patients who need our help."

Medical School University of Rochester School of Medicine & Dentistry **Hospital Affiliation** Griffin Hospital, Yale-New Haven Hospital, Saint Raphael Campus **Organizations** Society of Thoracic Surgeons, American College of Surgeons (Fellow)

RICHARD P. SALZANO – GRIFFIN HOSPITAL
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YOU SUNG SANG, M.D., FACG, AGAF

DR. YOU SUNG SANG graduated cum laude from Columbia University and earned his degree from Mount Sinai Medical School. He further trained at Beth Israel Medical Center and Nassau County Medical Center, where he completed his gastroenterology fellowship. Practicing in New London County for the past 20 years, Dr. Sang joined Dr. Kolala Sridhar and formed Norwich GI Associates, PC in 1996. After 18 years with that practice and further expansion, Drs. Sang and Sridhar saw a need for a more intimate practice, focusing on the diagnosis and management of digestive disorders with acute attention to compassion and care of the patient.

In 2013 they decided to branch out to form Sang and Sridhar Digestive Disease Consultants, a premier gastroenterology practice that offers comprehensive, high-quality GI services delivered by a healthcare team with specialized training to promote a healthier quality of life. "Our expertly trained team will walk you through every step, from initial consultation and diagnosis to treatment," says Dr. Sang. "At our practice, we care about you and your well-being."

Medical School Mount Sinai School of Medicine **Hospital Affiliation** The William W. Backus Hospital **Organizations** American College of Gastroenterology (Fellow), American Gastroenterological Association (Fellow), American Medical Association, Connecticut State Medical Society, New London County Medical Association (Past President)

YOU SUNG SANG, M.D., FACG, AGAF
105 Wawecus St., Norwich • (860) 859-9061 • bestGIdoctorsCT.com

ROBERT SAVINO, D.O.

DR. ROBERT SAVINO earned his medical degree from the New York College of Osteopathic Medicine. He completed a one-year rotating internship at Coney Island Hospital followed by a three-year residency in internal medicine at Long Island Jewish Medical Center. He then did a two-year fellowship in endocrinology at the Lahey Clinic and Joslin Diabetes Center.

Dr. Savino is the chief of the Department of Endocrinology at Danbury Hospital. He and his colleagues offer a team approach to the management of patients with diabetes mellitus and endocrine disorders through an affiliation with a diabetes self-management education program, behavioral, medical and surgical specialties.

He teaches internal medicine residents and medical students at Danbury Hospital. His focus remains on spending time with patients and delivering the care that patients expect and deserve.

Medical School New York College of Osteopathic Medicine **Hospitals** Danbury Hospital/Western Connecticut Health Network, Yale-New Haven Hospital, University of Vermont

WESTERN CONNECTICUT MEDICAL GROUP, ENDOCRINE AND DIABETES CENTER
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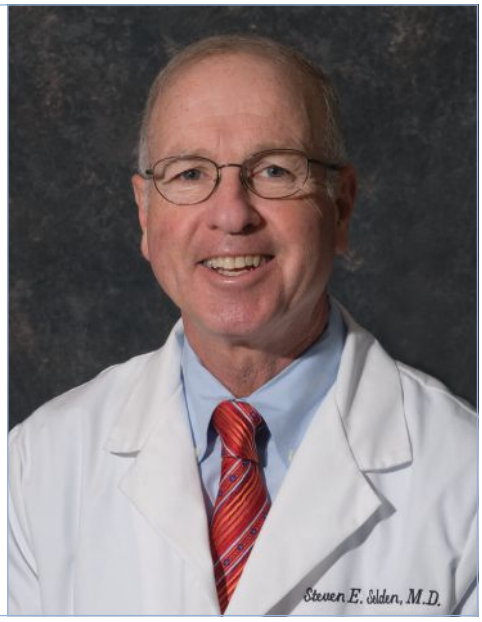
STEVEN SELDEN, M.D.



DR. STEVEN SELDEN, a Hartford native, graduated from the Johns Hopkins School of Medicine, where he also completed his internship in surgery. He trained at Massachusetts General Hospital in the Harvard Orthopedic Residency Program and did a research fellowship in orthopedics at Harvard and Children's Hospital in Boston. He specializes in arthroscopic knee and shoulder surgery and sports medicine, and is assistant clinical professor of orthopedic surgery at the University of Connecticut School of Medicine.

Dr. Selden and his fellow physicians offer "state-of-the-art orthopedic care in a warm, caring environment," he says. "Our office staff is known for being courteous and accommodating. We respect our patients and offer personal care." Dr. Selden is also the team physician at Loomis-Chaffee School, a return to his Loomis roots.

Medical School Johns Hopkins University School of Medicine **Hospitals** Hartford Hospital, Saint Francis Hospital and Medical Center, UConn Medical Center–John Dempsey Hospital **Organizations** American Academy of Orthopedic Surgeons, Hartford County Medical Association, Connecticut State Medical Society, American Medical Association, Eastern Orthopedic Society

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SCOTT SERELS, M.D.

DR. SCOTT SERELS specializes in urogynecology, treating women with urinary incontinence and prolapse of the bladder. He founded and directs the Bladder Control Center of Norwalk (BCCN), part of Urology Associates of Norwalk, PC, where he also treats men suffering from voiding problems. He is chief of urogynecology at Norwalk Hospital.

Before arriving in Norwalk in 1999, Dr. Serels was a clinical associate specializing in female urology, urodynamics and neurology at the Cleveland Clinic Foundation. He has been invoved in pioneering innovations such as using surgical treatment to control leaking urine, and injecting Botox to control spastic bladders.

Dr. Serels is fellowship-trained in urogynecology and voiding dysfunction from the Cleveland Clinic Foundation. After graduating medical school at New York University, he completed his residency and a surgical residency in urology at the Albert Einstein College of Medicine and Montefiore Medical Center. He also studied urologic oncology at Memorial Sloan-Kettering Cancer Center.

Medical School New York University School of Medicine **Hospital Affiliation** Norwalk Hospital, Frank H. Netter School of Medicine at Quinnipiac University **Organizations** American Urology Association, Society for Urodynamics and Female Urology, board-certified in both urology and in female pelvic medicine and reconstuctive surgery

BLADDER CONTROL CENTER OF NORWALK
12 Elmcrest Terr. Norwalk • (203) 853-4200
urology-norwalk.com

PHILIP SIMKOVITZ, M.D.

DR. PHILIP SIMKOVITZ is a specialist in pulmonary diseases and critical care medicine. He earned his medical degree from Boston University. Following his internship and residency at the University of Connecticut, he completed a research fellowship in sleep medicine. His pulmonary and critical care fellowships were at McGill University, an internationally renowned center for pulmonary diseases.

As a solo practitioner, he has devoted himself to providing compassionate care to those patients who come to him to evaluate a variety of lung and breathing disorders. His expertise includes conditions such as asthma, emphysema (COPD), sleep apnea, respiratory failure and lung cancer. Dr. Simkovitz enjoys the multiple facets of pulmonary disease that allow him to interface with many other physicians such as internists, cardiologists, allergists and oncologists. He is honored they have named him a "Top Doc" again.

Medical School Boston University School of Medicine **Hospitals** Bridgeport Hospital, St. Vincent's Medical Center, Griffin Hospital **Organizations** American Thoracic Society, American College of Chest Physicians

PHILIP SIMKOVITZ, M.D.
5520 Park Ave., Ste. 202, Trumbull • (203) 365-0577

PRASHANT SONI, M.D.

DR. PRASHANT SONI earned his medical degree at Meharry Medical College in Nashville, Tenn., and did his general surgery residency at New York Medical College. During this time, he saw burn victims and was inspired by the ability to transform people's appearance with a combination of surgery and artistry. He completed his residency in plastic surgery at the University of Utah Health Sciences Center in Salt Lake City and a fellowship in aesthetic plastic surgery at Lenox Hill Hospital/Manhattan Eye, Ear and Throat Hospital.

With Connecticut having the highest incidence of breast cancer, he has devoted his "heart and attention" to reconstructive surgery of the breast. He dedicates the rest of his practice to cosmetic surgery and procedures that involve body sculpting and facial rejuvenation. He does many neck and eyelid lifts and targets "the area that needs the surgical element." Dr. Soni combines minimally invasive surgery with fillers and light chemical peels for results that make patients appear natural.

Medical School Meharry Medical College **Hospital Affiliation** Danbury Hospital, New Milford Hospital **Organizations** American Board of Plastic Surgery, American Board of Surgery, Fairfield County Medical Association (Associate Fellow), American College of Surgeons (Diplomate), American Society of Plastic Surgery, Surgical Society of the New York Medical College

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M. MAHER SUEDE, M.D., FACS

DR. M. MAHER SUEDE graduated from Damascus University School of Medicine. He completed his general surgery residency at New York Methodist Hospital, and fellowship in surgical critical care at Hartford Hospital. He is in private solo practice at Suede Surgical Care, and currently serves as the Vice President of medical staff at Eastern Connecticut Health Network.

Dr. Suede is board-certified in general surgery, with broad expertise in laparoscopic and robotic surgery, and extensive experience in performing gallbladder surgery, hernia repair (including complicated abdominal wall reconstruction) and anti-reflux operations. Patients return to work in as little as one week. He performs state-of-the-art office-based treatment for varicose veins. He treats women with breast disease, including benign and malignant tumors. He is part of the multidisciplinary team at the Eastern Connecticut Health Network's Breast Care Collaborative. He is highly skilled in thyroid and minimally invasive parathyroid surgery. He is well-known for his compassionate care, admired by patients and highly respected by his peers, and has been ranked a Top Doctor each year since 2012.

Medical School Damascus University School of Medicine **Hospital Affiliation** Manchester Memorial Hospital, Rockville General Hospital, Saint Francis Hospital and Medical Center **Organizations** American College of Surgeons, American Society of Breast Surgeons

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RAYMOND SQUIER, M.D.

DR. RAYMOND SQUIER, a native of Cheshire, received his bachelor's degree in biology at Lafayette College. He earned his medical degree from the UConn School of Medicine. He interned at Saint Francis Hospital and Medical Center and completed a residency in anesthesiology and fellowship in pain management at Hartford Hospital.

A staff anesthesiologist at Saint Francis, he has been director of pain-management services since 1990. It is one of the oldest pain-management centers in the state. "A lot of people don't understand pain-management as a specialty-even a lot of doctors," he says. "By the time patients come to see me, they've seen three or four other doctors" for back and neck pain, nerve injuries and cancer pain. Treatments include injections, spinal stimulation and oral and topical medications. He teaches residents at Saint Francis and UConn Medical Center and lectures regularly in the community about various topics in pain management.

Medical School UConn School of Medicine **Hospitals** Saint Francis Hospital and Medical Center **Organizations** American Society of Anesthesiologists, Connecticut State Medical Society, Hartford County Medical Association

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44 Dale Road, Avon • (860) 714-5861
113 Elm St., Enfield • (860) 714-5861

RICHARD JUSTIN THOMS, M.D., FAAOS

DR. R. JUSTIN THOMS graduated from Kenyon College with a B.A. in chemistry and philosophy. After graduating Weill Cornell Medical College, he did his internship and residency at North Shore-LIJ in New York. He completed the Aufranc fellowship in adult reconstructive surgery at the New England Baptist Hospital in Boston. He is co-director of the Joint Replacement Center at Lawrence + Memorial Hospital in New London.

Dr. Thoms works with two other orthopedic surgeons at Seacoast Orthopedic Surgery & Sports Medicine in Groton, specializing in orthopedic treatment of arthritis for knees, hips, and shoulders. This includes nonsurgical treatment modalities as well as a high volume of knee, hip, and shoulder replacements. His experience enables his patients to have better outcomes after joint replacements with lower complication rates and less pain. "The goal is to get people enjoying their life without pain from arthritis. For some patients, surgery is the best option." He also performs revision surgery for patients who have had previous surgery, including joint replacements that have worn out or failed.

Medical School Weill Cornell University Medical College **Hospital Affiliation** Lawrence + Memorial Hospital **Organizations** American Association of Orthopedic Surgeons

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DAVID TROCK, M.D., FACP, FACR

DR. DAVID TROCK is a graduate of the Sophie Davis School in New York City and earned his medical degree from New York Medical College. He performed his internship and residency at Danbury Hospital and completed a rheumatology fellowship at Yale University School of Medicine. Today he is attending rheumatologist at Danbury Hospital where he served as section chief from 1994 to 2012. He is a clinical assistant professor of medicine at both Yale University and University of Vermont Medical School.

Dr. Trock has been published extensively in both clinical journals and textbooks and has done research in rheumatoid arthritis, osteoarthritis and lupus. In 2007, he published a book entitled *Healing Fibromyalgia.*

"I've been a practicing rheumatologist for over 20 years caring for patients with all forms of arthritis and inflammatory autoimmune disease such as rheumatoid arthritis, lupus, gout, osteoarthritis and many others," he says. "I also care for patients with musculoskeletal pain due to fibromyalgia."

Medical School New York Medical College **Hospital Affiliation** Danbury Hospital **Organizations** American College of Rheumatology, American College of Physicians, American Board of Internal Medicine

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EUGENIA VINING, M.D., THOMAS TAKOUDES, M.D.

DR. EUGENIA VINING and THOMAS TAKOUDES are nationally recognized otolaryngologists in Top Doctors by U.S. News-Castle Connolly.

Dr. Vining graduated Phi Beta Kappa and summa cum laude from College of the Holy Cross. She received her medical degree from Yale University, and completed her otolaryngology training at Yale-New Haven Hospital. She was awarded a fellowship in rhinology, sinus and skull base surgery at the University of Pennsylvania School of Medicine. In addition to performing complex sinus surgery on adults and children, she works together with a neurosurgeon on a skull base team removing pituitary and other tumors. She has been named by her peers a Best Doctor in America (Top 1% of physicians) for fourteen consecutive years.

Dr. Takoudes received his B.A. from the University of Pennsylvania and graduated with an M.D. from Columbia University College of Physicians and Surgeons. He completed his residency in otolaryngology in a combined program at Columbia Presbyterian, NYP/Cornell Weill Medical Center and Memorial Sloan Kettering. He is treats all aspects of ENT, but primarily focuses on neck and throat tumors, including thyroid and parotid glands, and working with spine surgeons on complex spinal cases. He says, "ENT has very challenging surgeries…you not only have to fix the problem, but address the complex anatomy so people will look, speak and breathe properly."

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ANDREW E. WAKEFIELD, M.D., FAANS

DR. ANDREW WAKEFIELD earned a B.S. in pathobiology and M.S. in pathology/immunology from UConn and medical degree from UConn School of Medicine. He interned in general surgery and did his residency in neurosurgery at Hartford Hospital. He further trained at the University of New Mexico Hospital in Albuquerque and also completed a fellowship in spine surgery at the Cleveland Clinic. Each year he returns as faculty to participate in a hands-on spine course.

Dr. Wakefield treats all spine conditions; specializing in minimally invasive and complex spine surgery to treat spinal disorders and tumors. In solo practice, he is also associate director of the Department of Neurosurgery and co-director of the Spine Center at Hartford Hospital, which he praises for a rare "true collaboration between intervention radiology and neurosurgery" and "orthopedics and neurosurgery." He says, "Collegiality is what breeds quality, in my mind. The patient is at the center of that collaboration [and it] optimizes outcomes." He has volunteered for 10 medical missions at the Hospital Nacional Daniel A. Carrión in Lima, Peru, to perform surgery and train local physicians.

Medical School University of Connecticut School of Medicine **Hospital Affiliation** Hartford Hospital **Organizations** American Association of Neurological Surgeons (Fellow), American Board of Neurological Surgery (Diplomate), Congress of Neurological Surgeons, American Medical Association, Connecticut Pain Society, New England Neurological Society, Connecticut State Medical Society

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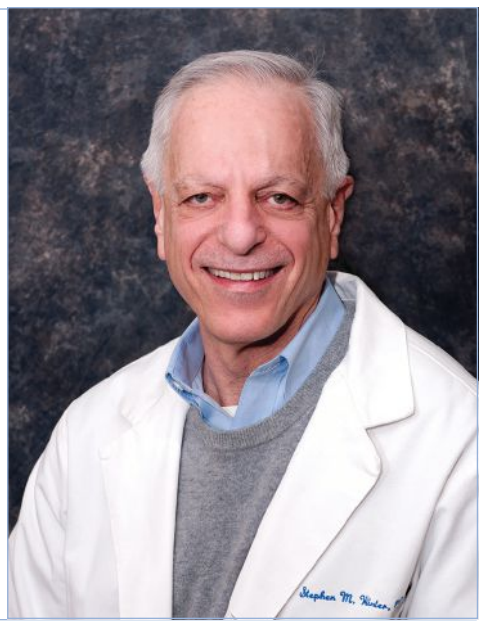
STEPHEN WINTER M.D.



DR. STEPHEN WINTER, graduated from Cornell University Medical College and did his residency at New York Hospital/Cornell Medical Center and Memorial Sloan-Kettering Cancer Center. He completed a fellowship in pulmonary medicine at Yale School of Medicine and has done medical missions in Third World countries for 30 years.

Dr. Winter likes the dual specialty of pulmonary disease and critical care medicine because they are "the most broad-based in terms of the knowledge base required–internal medicine, infectious diseases, oncology." Critical care medicine applies "internal medicine in a high-tech, fast paced environment."

He has helped make Norwalk Hospital a national leader in patient safety and quality of care and developed the sleep disorders center, the hyperbaric-wound care center, the award-winning ICU and the lung cancer program; one of six in the country to be awarded a Center of Excellence status by Medicare. He praises Norwalk Hospital for its "multidisciplinary work across different fields…I love the people I work with. They're smart and motivated and work as a team."

Medical School Cornell University Medical **Hospital Affiliation** Norwalk Hospital **Organizations** American College of Physicians (Fellow), American College of Chest Physicians (Fellow), American Thoracic Society, Society of Critical Care Medicine

STEPHEN WINTER, M.D.
Norwalk Hospital Department of Pulmonary Medicine
34 Maple Ave., Norwalk • (203) 852-2392 • norwalkhospital.org

ABRAHAM C. YALE, D.P.M., F.A.C.F.A.S.

DR. ABRAHAM YALE, a Connecticut native, earned a B.A. in biology at Wesleyan University and graduated cum laude with a B.S. and D.P.M. at the Illinois College of Podiatric Medicine. He completed his residency in podiatry at the Hugar Surgery Center in Chicago and is board-certified in foot surgery. He is in his 33rd year of private practice, with locations in Fairfield, North Haven and Greenwich.

Dr. Yale uses the newest, proven technology "to its fullest" to help patients get relief from foot pain. Examples include laser treatment for toenail fungus, a safe alternative to oral medications without possible side effects and no downtime, breakthrough Dermagraft technology to heal wounds in diabetics and help avoid the need for surgical intervention, and weekly treatments with shock wave therapy to treat heel pain within a few months. He partners with superior labs to produce custom-molded orthotics with an 85 percent success rate.

Medical School Illinois College of Podiatric Medicine **Hospital Affiliation** Bridgeport Hospital **Organizations** American College of Foot and Ankle Surgeons (Fellow), Fairfield County Podiatric Medical Association, Connecticut Podiatric Medical Association, American Podiatric Medical Association

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TODD A. ZACHS, M.D.

DR.TODD ZACHS specializes in treatments for disorders of the ears, nose and throat. This includes snoring, sleep apnea, headaches, hearing loss and allergies. Dr. Zachs graduated from the UConn School of Medicine and trained at Saint Francis Hospital and Medical Center. He is affiliated with Saint Francis and teaches at the UConn School of Medicine.

Dr. Zachs' priority is making patients feel better through proper medical management. "We use the latest techniques, such as coblation for tonsillectomies, which reduces pain, implantable hearing devices and sublingual immunotherapy," says Dr. Zachs. In addition, he performs plastic and reconstructive surgeries, including hearing restoration.

Medical School University of Connecticut School of Medicine, University of CT Health Center
Hospital Affiliations St. Francis Hospital and Medical Center **Organizations** American Academy of Otolaryngic Allergy

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KAYE ZUCKERMAN, M.D.

DR. KAYE ZUCKERMAN received her undergraduate degree with honors from Yale University and her medical degree from Cornell University Medical College. She completed her internship and residency in surgery at the University Health Center of Pittsburgh. An assistant clinical professor of surgery at the Yale University School of Medicine, she is part of the mentoring program for third-year medical students on general-surgery rotations and residents. She is certified by the American Board of Surgery, is a fellow of the American College of Surgeons and a member of the American Society of Breast Surgeons.

Dr. Zuckerman is in private practice at Surgical Associates of New Haven, which is affiliated with Yale-New Haven Hospital and the Yale School of Medicine. The co-author of several publications, she works in breast surgery, general surgery, laparoscopic surgery and emergency surgery. "I make what can be a difficult time for patients a little easier by being informative and straightforward while using some humor," she says.

Medical School Cornell University Medical College **Hospitals** Yale-New Haven Hospital, Hospital of Saint Raphael **Organizations** American Board of Surgery, American College of Surgeons (Fellow), American Society of Breast Surgeons

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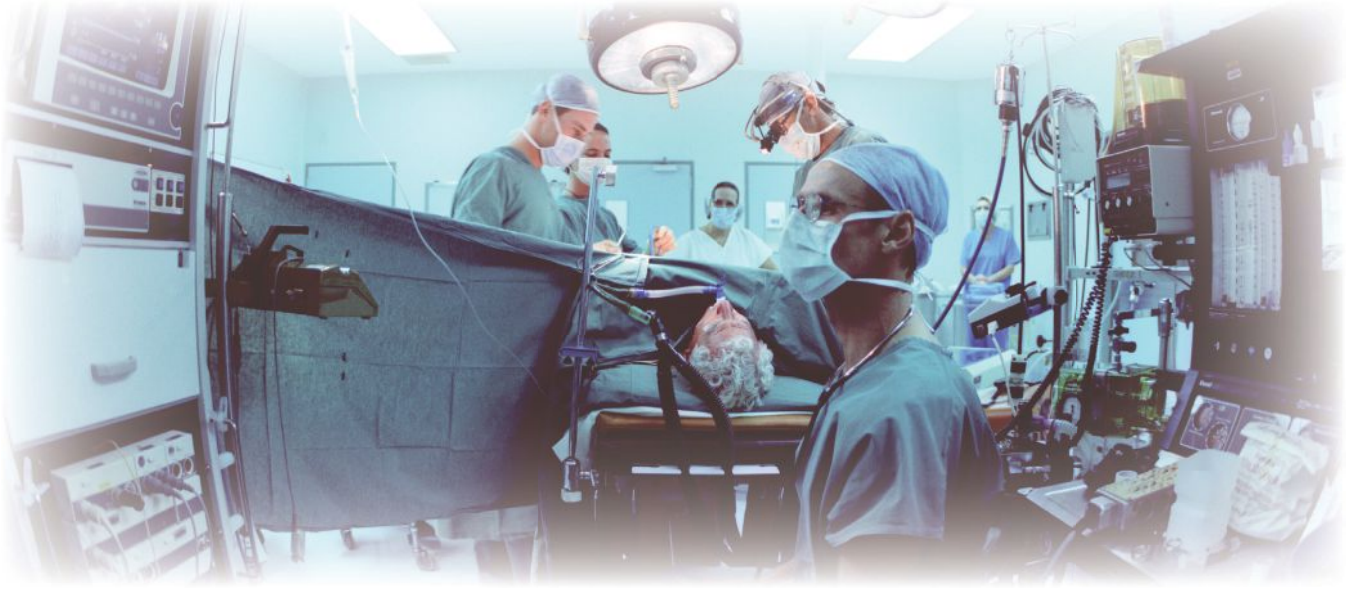


STOCKBYTE/THINKSTOCK

Continuing education provides competitive edge for job-hunters

More Americans than ever are going back to school, continuing their education to add skills and credentials to their work portfolio. For many, keeping their expertise current with continuing education gives them the edge in a competitive job market.

Continuing education is not the same as going back to school to complete an unfinished degree, notes Dr. Marianne Greenfield, program chair at Argosy University, Atlanta.

"Continuing education generally refers to any type of post-secondary education for the purpose of keeping current with changes in a particular field of study or for preparation to obtain a certification," she says. "Some professions require that you earn continuing-education credits in order to maintain a license. The goal of continuing education is to offer adults who already possess a college or university degree further opportunity for learning without having to enroll in a degree program."

"Now more than ever, it's important for employees and professionals to keep up with all the latest skills and relevant knowledge necessary to compete in today's workforce," says Dr. George Spag-

nola, chair of the College of Education at Argosy University, Sarasota. "While a traditional education is necessary in today's workforce, it is also a cornerstone upon which one can build a better future through continuing education."

Greenfield agrees.

"As more people obtain academic degrees, candidates whose skills and knowledge are current and relevant in the workplace will have the greater advantage," she says. "Continuing education is especially important in areas such as human resources, engineering, technology, finance and health care, where rapid advances occur, leading to constantly evolving practices."

Many professions require candidates to have certifications and licenses to qualify for employment opportunities, so continuing education is important for jobseekers and professionals in those fields.

Fortunately, it's easier than ever to continue your education.

"Advances in technology have made continuing education more accessible," says Spagnola. "You can pursue continuing education online, at a physical location or in a combination of both. Technology can help you continue your education and advance your professional knowledge while working and raising a family."

Given the number of people raising families and working, that flexibility of education can be key to achieving success. Look for an institution or provider that can meet your educational needs while still allowing you to meet your personal and professional obligations.

"Seek out a student-centered institution that meets your needs both academically and non-academically," says Spagnola.

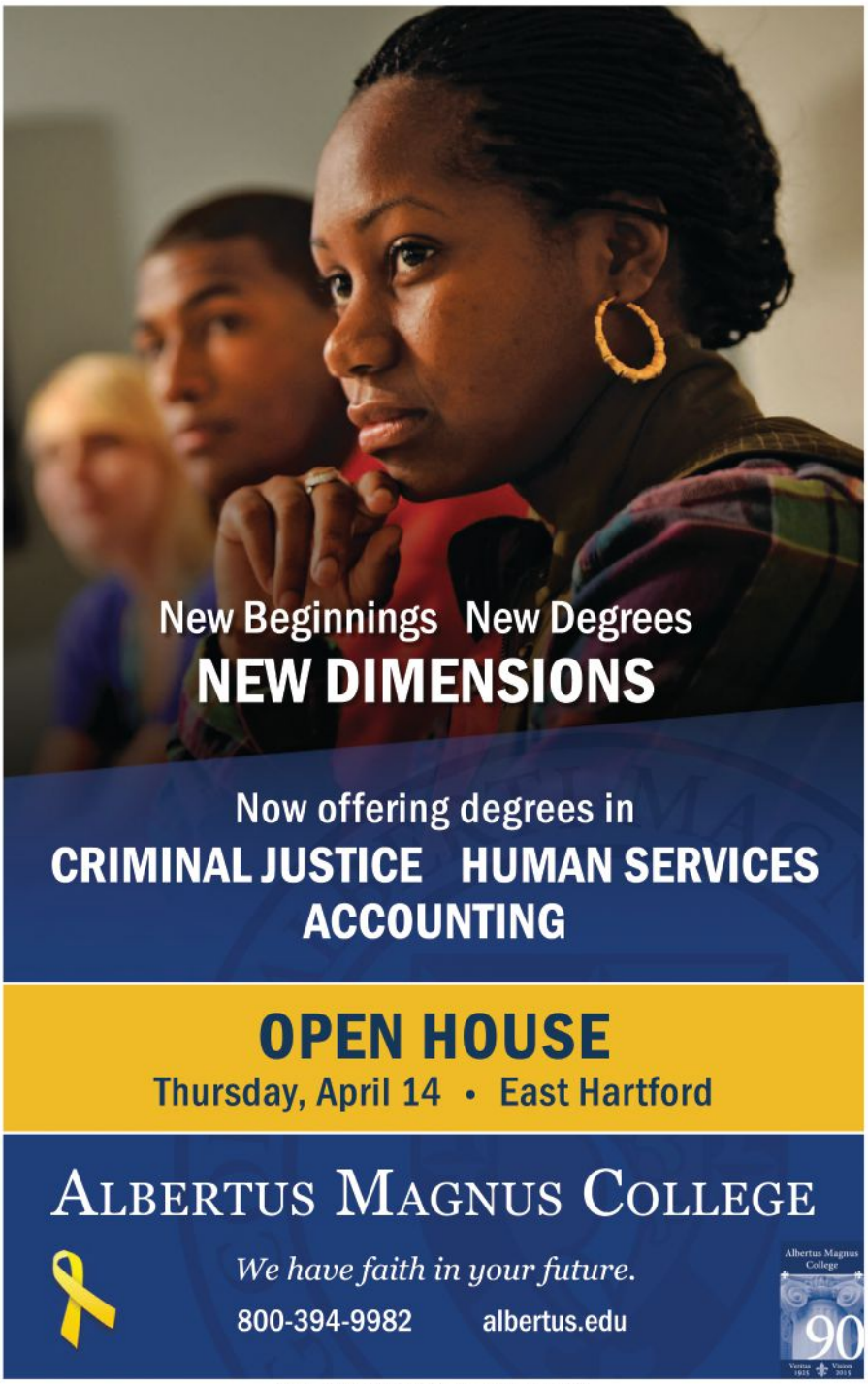
"Although many course providers cater to those seeking continuing education, it is important to find an accredited institution to ensure your efforts yield results," says Greenfield. "Look for programs that offer you access to and learning from quality instructors with real-life experience in the specific field of study. Make sure that the program you are considering is compatible with any requirements you will face for licensure."

And while educational costs are always a concern, many people can find financial assistance in the form of tuition-assistance programs offered through their employers.

"Tuition-assistance programs are of huge benefit to employees and the company," says Spagnola. "As an employee, you receive financial assistance for your education. Your employer, in turn, gets an employee who is advancing their knowledge and skills and applying them to the organization."

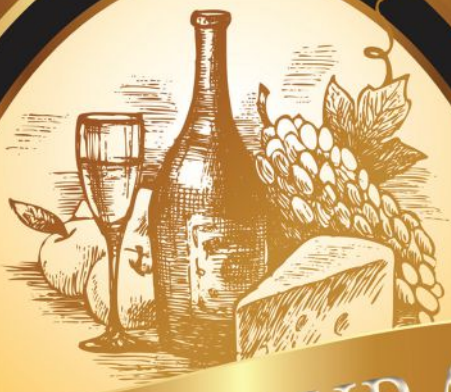
"The benefits far outweigh the expense and many private sector employers will pay for or reimburse the expense if a compelling case is made for the added competitive advantage for the organization," agrees Greenfield. "And if your employer isn't able to assist you with the costs, the Internal Revenue Service allows you to deduct a portion of qualifying continuing-education expenses on your federal tax return. If you pay the expense on behalf of a spouse or a dependent child, you can also claim the deduction." ■

MONKEY BUSINESS IMAGES/ISTOCKPHOTO/THINKSTOCK



For more information, see page 150

GREATER NEW HAVEN



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Style and substance are in abundance at Vespa, including treats like roasted wild mushrooms, fried egg with arugula pesto (inset).

JEFF KAUFMAN

Italy on the Saugatuck

BY ELISE MACLAY

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Vespa ★★½
Westport

Fresher, funkier, brasher, nouveau-rustico has come to Westport's historic National Hall. Thanks to owner Bobby Werhane, who also owns a hip osteria in Manhattan, Vespa zipped into town with all the requisite icons on board, starting with its jazzy-jokey name (which has many meanings, among them yellow jacket or wasp). Stylish decor. Startlingly stark. Acres of counter space for nibbling crudo standing up and milling around with a glass of fine French or Italian wine in hand.

Parallel to the bar, abetting this to-and-fro socializing, is a row of diminutive high-top tables that remind me of the portable tables that used to be set up for tableside pyrotechnics like Steak Diane and Bananas Foster. Perish the thought. Opulence is so yesterday. We eat healthier now and nouveau-rustico is all about farm-to-table, locally sourced and handcrafted. But if you frequent Italian restaurants for the comfort of a familiar menu, forget it. Ahead lies terra nova.

Vespa's menu changes frequently, which is rather surprising because it is a handsome affair printed in black and gold on heavy ivory stock with a half dozen fancy typefaces, and is filled with interesting categories and intriguing dishes, some familiar, some less so. Either way, what's printed on the page is often only a hint of what's to come because Vespa's mission statement is to transform peasant ingredients into masterpieces of culinary art—and to make it fun.

We prove the point when we choose an appetizer from a list of "Toasts" and are presented with roasted wild mushrooms, arugula pesto and a sunnyside-up fried egg sizzling in a small, heavy black iron frying pan, with warm, lightly toasted house-made bread alongside. Flawless. Delicious. Decidedly a surprise.

A salad of roasted beets, hazelnuts and sottocenere cheese turns out to be more complex and impressive than it sounds, consisting of red beets, roasted and cubed, shredded beets and thin slices of red-and-white-striped candy-cane beets, crisp and showy and served raw because cooking tends to fade the festive color scheme. Tart dressing balances the sweetness of the beets while chopped hazelnuts add an interesting flavor note.

But purity and simplicity also get their due here as a scallop crudo appetizer demonstrates: one beautiful diver scallop, citrus-cured and served with tissue-paper-thin slices of young cucumber.

Vegetarians will have a ball with Vespa's appetizer list, which includes whole sections of vegetables, salads and cheese creations like "three-cheese polenta," but I have my eye on pancetta-wrapped dates, which take me back to my childhood when my mother made them with bacon and served them to her bridge club. Vespa's skewered dates are more voluptuous, with Mascarpone and a pool of chocolate-and-mulled-wine sauce so irresistible we want to lick the plate.

One could easily make a meal of appetizers like these but Vespa is Italian and, Mama Mia, how could even the coolest cat do without "No. 1 Primi Pasta," which the menu proclaims are tutti fatta en casa, i.e., all made in-house. Some are modern versions of Old World pasta dishes, but Stracci goes trendy with kale, poached pumpkin, browned butter and almond biscotti crumbs. Oxtail raviolini—a single small

Some of Vespa's gems (from top): pan-seared scallops with roasted cauliflower and maitake mushroom; cappellini; the center-cut rib-eye; and pistachio opera cake.

round of ragu-filled pasta topped with a tiny dice of root vegetables—is the perfect light bite of pasta before Secundi.

Turning our attention to the entrée list, we find it oddly unbalanced. With only scallops and one fish offered, it's decidedly meat-heavy with lamb chops, veal tenderloin, rib-eye filet and New York strip tenderloin. Our waitress assures us that, "We usually have more fish, but..." she trails off. I believe her. It happens. But it's disappointing.

However, the fish, Arctic char, is wonderful. Perfectly fresh, cooked meltingly medium-rare, flaking away from the fork in silky slices, strewn with Castelvetrano olives and served with white anchovies and black-walnut sunchoke purée. I promptly elect it to my personal fish dish hall of fame.

Grilled lamb chops are problematic. People who like lamb tend to like it a lot. Mimi Sheraton, food writer and former New York Times restaurant critic called it her "favorite red meat." Purists cherish lamb's distinctive flavor so much they refuse to sully it with even a dab of mint sauce. My friend Ed feels that way, and says so when we order an entrée portion to share. Eggplant purée and pistachio pesto are listed accompaniments but our waitress assures us that these are on the plate but not on the chops. Four rib chops arrive, perfectly cooked medium rare and blessedly naked. One bite and the tongue prickles, one swallow and the mouth fills with heat. Harissa? Jalapeño? Who knew? And we wish we had been told. Fans of Tex-Mex, Ethiopian, Szechuan and Middle-Eastern and African cuisine will love these chops. So will folks who usually don't do lamb. It's a matter of taste, but be warned.

Veal, unlike lamb, is among the mildest of meats and almost always benefits from creative embellishment, but it needs to be treated gently so that its delicate flavor is not overwhelmed. At Vespa, a lovely medallion of veal tenderloin arrives wrapped in speck, a dry-cured ham from the Italian Alps, similar to prosciutto but more robust. The speck, and perhaps extra smoking, permeates the veal with a smokiness elusively referencing barbeque—again a matter of taste. Personally, I would prefer this fine-grained mignonette of veal unsmoked, paired as it is here with mushrooms, Swiss chard and Marsala butter.

The lightness of Vespa's cuisine makes the idea of dessert appealing and the choices are alluring. Highlights include lemon olive oil cake with orange gelato and cranberry gelée, and macchiato panna cota with espresso cream, frangelico caramel and hazelnut nougatine, but our favorite is a bowl of Zeppole, freshly made and served piping hot with chocolate fudge sauce and tart cherry jam. Like its country cousins, New Orleans beignets, it's a party on a plate.

Vespa

2 Post Rd., Westport

(203) 557-9057, vespawestport.com

Dinner: Mon. to Thurs. 5:30 to 10 p.m., Fri. and Sat. 5:30 to 11 p.m. Price range: appetizers $8 to $18, entrées $22 to $32, desserts $6 to $12. Wheelchair access. Major credit cards.

JEFF KAUFMAN

BY DOUGLAS P. CLEMENT

Mediterranean Bistro Shines Bright in Norwalk

Tapas remain such a hot trend that restaurants with no hint of Spanish heritage are salting menus with small bites and petite plates to share, partly because it's so appealing to begin a meal with several appetizers (or to make an entire meal from a succession of tapas), and partly because small plates equal big business.

No harm in the best of one culture being imitated—but there's also nothing like experiencing tapas in an authentic environment, prepared by a talented chef and served in an atmosphere that embodies a European cadence, with passion to delivering a superior dining experience.

When all of that rings up at what can only be declared a bargain price—especially when contrasted with the threshold costs of fine dining in Connecticut circa 2015—it amounts to a mandate for discovery.

In this case, the restaurant to seek out is Bistro Mediterranean and Tapas Bar, which opened its third location earlier this year on Route 1 in Norwalk. The original is in East Haven, and the second bistro opened in Westbrook a year ago.

The restaurants are owned by Leonardo Carreño and his brother Gabriel—the chef overseeing the three locations and cooking in Norwalk—and managed by a native of Peru, David Bermudez. All are restaurant veterans, and a 2011 *New York Times* review praising the East Haven flagship credited the chef with tenure at Meson Galicia, a great Spanish restaurant of the past in Norwalk.

Gorgeously presented, the food is rich, robust and nuanced. The setting is stylish and welcoming, and the wine list—rather than containing a greatest hits of names guests might recognize—is weighted toward wines from Spain and South American hotspots like Argentina; in other words wines that pair perfectly with the cuisine and represent discoveries themselves.

Highly praised and satisfying wines to look for include Sensual Malbec ($27) and Elsa Cabernet ($30), both from Argentina, and the No. 12 blend of Cabernet, Merlot, Syrah and Tempranillo from Spain. Another Spanish red, Juan Gil Monastrell, is a best bet on any wine list ($32).

As it should be, the food is the real star at Bistro Mediterranean. Everything is made by hand from scratch, and when you consider that you can get a five-course tasting menu with wine pairings for $45, you understand why it's a bargain.

"The way we do it here, I am extremely proud," says Bermudez. He and Carreño presented a tasting lunch at the Norwalk location recently that was as beautiful as it was delicious.

They opened with a curve ball, Ensalada de Brote de Bruselas, or shaved Brussels sprouts dressed with white truffle oil, black truffles, Parmesan cheese, and lemon juice, and served over a fried fontina cheese risotto cake.

Shaved Brussels sprouts served over a fried fontina cheese risotto cake.

Brussels sprouts as an attention-getting tapas? Yes, and with stunning results. Even if you have always hated these green globes of vegetabledom, you'll love this dish; I couldn't stop eating it.

Next to arrive are gorgeous grilled jumbo shrimp, served over chickpea purée, drizzled with olive oil, and garnished with chopped scallions. The shrimp are plump, smoky, and bursting with flavor, and the sweetness is counterbalanced masterfully by the earthy richness of the chickpea puree.

Tartar de Lomo de Buey is a dish for connoisseurs of steak tartare. The sculptural presentation is the key to this tartare of filet migñon with truffle oil, Parmesan cheese, shallots, and black truffles; served with a quail egg and Parmesan cheese crostini.

Bermudez explains that Bistro Mediterranean is only able to offer the dish because it sells so well, assuring that the filet is always impeccably fresh and of the highest quality. We mix in the raw quail egg and spread it on the crostini like the best pâté.

Our entrée is a stunner: Paella Mediterranea with calamares, clams, bay scallops, shrimps, mussels and fish of the day in a lobster saffron broth, topped with half of a lobster. Like everything else, this labor-intensive dish, its counterpart, the Paella à la Valenciana, with chicken, pork and Spanish sausage, is made to order every time.

As a side dish, Bermudez has Carreño show off his whipped sweet potatoes that are baked with cinnamon and then blended with

Table Talk

BY ELISE MACLAY

With three restaurants in Connecticut, **Qdoba Mexican Grill** has opened a fourth in Westport on Playhouse Square. Handy for a fast-fun bite between shopping or a spot of theatre, the food is more Tex-Mex than authentic but it's tasty and presents a variety of ingredients that are prepared fresh throughout the day. Burritos, tacos, quesadillas, salads, three-cheese queso, guacamole, tortilla soup. Choose your favorites and you're good to go. *(203) 667-3074, qdoba.com*

When a building on Main Street in Middletown collapsed two years ago under the weight of ice and snow, **Lan Chi**, a small, family-owned Vietnamese restaurant on the premises looked on the bright side and seized the opportunity to move into a shiny new building across the street. By the time the winter roared in with wind and snow, Lan Chi was Middletown's number one go-to place for bowls of steaming hot Pho. But there's a lot more than noodle soup on offer, starting with Vietnamese-themed cocktails (try Green Creme), European wines, craft beer, appealing apps and delicious entrées. Standouts include Gha Gio (delicate pork egg rolls), lemon grass salmon with green mango salad and shaking beef tenderloin with watercress. When one door closes, another door opens. *(860) 347-8885, lanchirestaurant.com*

Now you see it, now you don't. **Swooner** in Stonington opened in June of last year replacing Skipper's Dock, one of the most desirable locations on the Connecticut shore. In October the new owners, who had updated Skipper's funky-fun maritime decor and built a state-of-the-art kitchen, announced that Swooners would close. It did and as of this writing its fate is still unknown. Let's hope. That fabulous wrap-around water view deserves to be shared.

butter and honey; they're as rich and creamy as a dessert, though also light and subtle.

Bermudez's enthusiasm about his job and the bistros is infectious. When he says the goal is to make everyone part of the family, in addition to offering terrific Mediterranean cuisine at very affordable prices, you feel right at home—and inspired to make Bistro Mediterranean a new home away from home.

Bistro Mediterranean and Tapas Bar in Norwalk is located at 36 Westport Ave. (Route 1). For reservations or more information, call (203) 939-1289. See the website at bistromediterraneanandtapasbar.com for information on the East Haven and Westbrook locations.

Clockwise from top right: Steak tartare; chef Gabriel Carreño with seafood paella, a closeup of the dish; two views of grilled jumbo shrimp over chickpea purée, and a side dish of sweet potatoes.

BY DOUGLAS P. CLEMENT

Hartford's First and Last Tavern Is the 'Original Special' Place to Be

With winter truly, finally gone there's a spring fever-style urge to break out of hibernation and travel around the state in search of enjoyment—like fine dining in interesting surroundings. While most folks won't respond by Googling for restaurant discoveries within the urban environment of Hartford, the state's capital is an underappreciated capital of fine dining.

The original First and Last Tavern, located deep in the city's South End on Maple Avenue, is the perfect example of a destination in the rough, one that's been sought out by the likes of Al Gore, John Madden and other famous folk. (There are also locations in Middletown, Avon and Plainville, and another opening this summer in Glastonbury.)

First and Last—so named because it's the first tavern you encounter when entering Hartford, or the last when you leave—is blessed with decades of history and tradition, a wonderful club-like atmosphere with walls full of historic photos, an everybody-knows-your-name vibe, a friendly veteran staff devoted to owner Patrick DePasquale, and most of all, delicious Italian food and coal-oven-fired gourmet pizzas.

"Best pizza in Connecticut!" raves one fan in a Google review. "The Italian fare is old-school recipes; if [you're] from Italy you feel like you're back home, if you're not and just love Italian food you'll be very satisfied, and the cannolis are to die for, great place for a date!!"

"One of my favorite parts about this place is that the bread basket they serve you is fresh from the bakery across the street," adds a review on Yelp. "Sweet cinnamon raisin bread and seasoned garlic pita. We got our basket refreshed it was so damn tasty. Doughy and perfect, not crusty and flakey."

First and Last Tavern, which has been there since 1936, was joined in 2004 by First and Last Bakery Café across the street. It's where they bake the artisan breads and make the cakes, cookies, muffins, croissants, pastries and more—including homemade sausage for the restaurant and proprietary pasta sauces that you can buy in jars and take home (traditional, marinara or puttanesca, $7 or $8.) The café serves breakfast and lunch, offering sandwiches, salads, soups and paninis.

We sat down with DePasquale for lunch and were delighted by everything about First and Last, from his stories about the passion of his parents and other family members in shepherding the business to chatting with regulars dining in the cozy wood-paneled confines of the "Original Tavern," and the details behind the homemade nature of everything on the menu. (And, yes, the bread is amazing; the bread basket is huge, starring thick slices from a crusty Italian loaf and pieces of savory focaccia.)

While Italian classics form the heart of a broad and extensive menu—unexpected highlights include a raw bar sampler with four each of shrimp, clams and oysters for $18—the pizza is so tempting that it commands attention.

First and Last's pizza is made in a coal-fired brick oven—unique because there's a huge constantly rotating surface inside the oven (set at 450 to 500 degrees) and the pizzas cook fully in one nine- to 10-minute rotation. The heat of the coal fire gives the crust that great black char. (There's a coal room downstairs, and a coal chute in the rear parking lot for deliveries.)

The pizza with fresh clams, garlic, parsley and olive oil beckoned, as did the pie with chicken, artichokes, mozzarella and red onions, but we tried a traditional tomato pie with First and Last's homemade sauce, grated cheese and fresh basil (no mozzarella). Light yet bursting with natural flavors it was perfect. (You can also get gluten free and whole wheat crust on the pizzas.)

Next we dove into the reason so many loyal fans return to First and Last over and over again, the "Original Special."

As the website explains of the tavern, "For many years, it was known as the 'tradesmen's bar' when the 'Original Special' of pasta, with a meatball/sausage and salad on a single plate was served at the bar or in a booth, often with a draft beer or glass of wine." Spaghetti or shells, a homemade meatball and generous piece of sausage, along with salad, all served on the same plate—and made special by the "house" sauce—what gets better than that? (Maybe the fact that it's just $13.95.)

Top, the 'Original Special.' Below, eggplant Parmesan, and bottom, a pizza from the coal-fired brick oven.

There's simply too much on the menu to attempt to list what to try. That said, our next-time menu includes Cioppino ($22.95), the classic dish with shrimp, scallops, mussels, clams and calamari, sautéed with garlic, simmered in Marinara sauce and served over linguine, along with the rigatoni Bolognese ($17) with First and Last's own meat sauce.

First and Last Tavern is located at 939 Maple Ave. The phone number is (860) 956-6000. For hours and information about the other locations, see the website at firstandlast-tavern.com.

Italian Café Culture in Hartford: Mozzicato

BY DOUGLAS P. CLEMENT

Arancini

When we set out to find the best pizza in Connecticut (March 2015), one avenue led us to search for great pizza in unlikely locations, based on tips we had received—and one of the recommended places was Mozzicato DePasquale Bakery & Pastry Shop on Franklin Avenue in Hartford's South End, within patronage distance from landmarks such as Hartford Hospital and Trinity College.

Investigating Mozzicato landed on my best pizza agenda, and with an open mind tinged by natural skepticism, I ventured into somewhat unfamiliar territory amid winter's deep freeze. Pulling up in front of the bakery and then parking in the small lot in the back, my doubts deepened; I even emailed colleagues that I didn't think I would find the Sicilian pan pizza we were told was delicious.

Then I opened the door to the Mozzicato Caffé—separated from the authentic and traditional bakery next door—and everything changed. (If you don't live near Hartford, consider the Mozzicato locations in Plainville and Wallingford, both of which have built-in caffés.)

The narrow, gleaming space with booths on one side and a counter/bar on the other drew me in and made me feel like good things were going to happen. Seeing mouthwatering Sicilian pies in the display case—spinach, tomato, and sausage-and-peppers—instantly validated the effort in undertaking the mission.

And then I met the caffé's ringmaster and charming three-dimensional soul, Joe Seidel, and Gina Mozzicato—and her father Gino Mozzicato, who came to the U.S. from Italy in 1968, and in 1973 founded Mozzicato Pastry Shop with his wife, Gisella.

Seidel promised that I'd love the food and love the (amazing bargain) bill. But the icing on the experience, the thing that will make me seek out Mozzicato next time I'm in Hartford, is the beautiful European-style experience that is truly different in an opposite-of-Starbucks way that's very gratifying.

The website says Mozzicato Caffé is "a gathering place in an authentic Italian atmosphere, modeled after the many caffés of Italy," and while such a description might be a hopeful reach for other places, here it's gospel.

"Saturday morning it's international," says Seidel, describing a French class held at the caffé, conversations in Italian and seeing people reading Italian literature.

"'Caffé' in Italian means coffee and coffee bar. Frequented by all, 'The Caffé is an indisputable center to Italian life and culture," the website says. "Whether for a breakfast of caffe-latte and a brioche, a quick midmorning espresso at the bar, a late afternoon aperitif, or to enjoy a gelato in the evening, 'The Caffé' is always the perfect place to relax with family and friends."

In addition to the excellent Sicilian pan pizza, which is made with bread dough and nicely lighter than it appears, savory options include homemade arancini—the classic Italian stuffed rice balls—which at Mozzicato are shaped like pears and filled with cheese, rice, peas and more.

There are also savory sort-of pies shaped like calzones—perfect for splitting—and a tempting range of cakes, pastries and cookies to pair with the "real" espresso, lattes and cappuccino. (Try the signature Torta al Cappuccino, which features cappuccino-soaked sponge cake layered with luscious ricotta and topped with whipped cream.)

Mozzicato has a gleaming Faema espresso machine fueled by authentic Italian espresso beans, and Seidel says, "Whoever loves the coffee is our friend. We love the regulars and we love the new people."

You don't have to just love great homemade traditional Italian classics or good coffee to love Mozzicato. Gilding its appeal, the caffe has a full liquor license and is open well into the evening.

"With one hand I make a martini. With one hand I make cappuccino," says Seidel, who's been the "barista" at the caffé for 24 years and who has proprietary recipes for an espresso martini and a mango martini. ("This makes you feel good," he says with pride about making customers contented.)

Any visit to the caffé also has to include a stop at the bakery, a wonderland of Italian cookies, pastries and other treats like Mozzicato's "famous" cannoli with thin crispy shells and sweet ricotta filling, or the Neapolitan-inspired Sfogliatelle with mandarin-flavored ricotta filling, or tiramisu—or cream puffs, fruit tarts, eclairs, cappuccino slices, hazelnut rolls, and rum rolls and so much more. (You can even buy the Italian cookies online.)

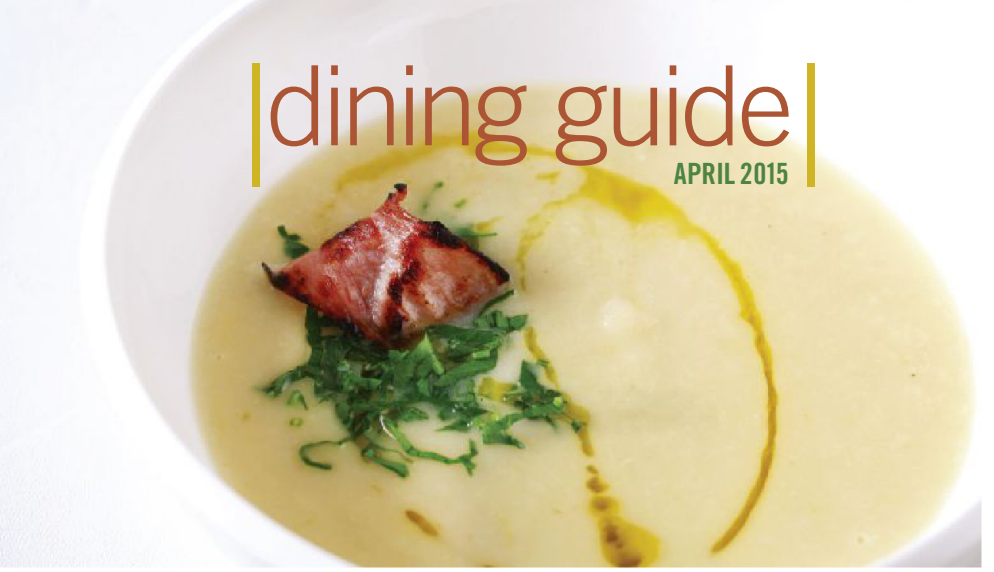
And that doesn't even mention the cakes, or the handcrafted breads created with the highest quality ingredients using no preservatives; "Italian, with its airy center and light crispy crust, Sicilian with its thick, dense center and a deliciously hard crust, and Tuscan, with its soft, moist, chewy center and thick, dark crust. Also available are French, Portuguese, whole wheat, rye and pumpernickel."

All of that is only part of the story. Discover the rest on your own.

Mozzicato DePasquale Bakery & Pastry Shop is at 29 Franklin Ave., Hartford, and can be reached at (860) 296-0426. For more information and details of the Plainville and Wallingford locations, visit mozzicatobakery.com.

dining guide

APRIL 2015



Fairfield 143
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Fairfield County

Bernard's • ***French*** Consistently serving perfectly executed seasonal entrées in an elegant country setting. *Wine Spectator* Award of Excellence. • 20 West La., Ridgefield, (203) 438-8282 (bernardsridgefield.com). Closed Mon. L (Tues.-Sun.) D SB, $$$, E, WA

Brasitas • ***Latin Fusion*** A gathering place for friends and family to enjoy exciting contemporary Latin Fusion cuisine, but with traditional accents. • 430 Main Ave., Norwalk, (203) 354-7329; 954 E. Main St., Stamford, (203) 323-3176 (brasitas.com). Open daily. L D $$

The Capital Grille • ***Steak*** Located in the heart of downtown Stamford this classic-style steakhouse serves dry-aged porterhouse as well as creative seafood dishes like citrus-glazed salmon. • 230 Tresser Blvd., Stamford, (203) 967-0000 (thecapitalgrille.com). Open daily. L (Mon.-Fri.) D $$$, E, WA

Cesco's Trattoria • ***Italian*** Chef Aldo Chiamulera's new restaurant is a sophisticated riff on an Old World country villa. *Wine Spectator* Award of Excellence. • 25 Old Kings Hwy., Darien, (203) 202-9985 (cescostrattoria.com). Open daily. L D, $$$, WA

Coromandel Cuisine of India • ***Indian*** A wide range of tasty Indian fare is served in a small, tastefully done space. • 25-11 Old Kings Hwy. N., Darien, (203) 662-1213; Coromandel Bistro, 86 Washington St., Norwalk, (203) 852-1213; 68 Broad St., Stamford, (203) 964-1010; 17 Pease Ave., Southport, (203) 259-1213 (coromandelcuisine.com). Open daily. L D SB, $$, WA

Dolce Cubano • ***Cuban*** A high-energy good time at this waterfront stunner. On the menu: Havana Buffalo wings, grilled oysters with tequila and sage butter and classic Spanish paella. • 78 Southfield Ave., Westport, (203) 817-0700 (dolcecubano.com). L D SB LS $$

Elm • ***American*** World-class chef Brian Lewis makes culinary magic here—with the freshest local, top-quality ingredients—in an elegant minimalist environment. And there's a great Sunday brunch. • 73 Elm St., New Canaan, (203) 920-4994 (elmrestaurant.com). Closed Monday. D SB, $$$, WA [★★★ 11/13]

The Fez • ***Moroccan*** In addition to excellent Moroccan fare—with small plates (kabobs, falafel salad) and large (slow-braised lamb shank, swordfish tagine)—The Fez serves up live music nightly. • 227 Summer St., Stamford, (203) 324-3391 (thefez1.com). Open daily. L (Mon.-Fri.) D LS, $$

Fin • ***Japanese*** Specializes in fresh, imaginative sushi and authentic Japanese cuisine. • 1253 Post Rd., Fairfield, (203) 255-6788; 219 Main St., Stamford, (203) 359-6688 (fin-sushi.com). Open daily. L D LS, $$, WA

F.I.S.H. • ***Seafood*** This mod-elegant restaurant featires a wide variety of excellently prepared seafood favorites and a special "Naked Fish" section of the menu that lets you choose your fish, how it's cooked and with which sauce it's topped. • 245 Bedford St., Stamford, (203) 724-9300 (fishstamford.com). Open daily. L (Mon.-Thurs.) D, $$$, WA [★★★ 7/14]

Frank Pepe Pizzeria Napoletana • ***Pizza*** While world-famous white clam pizza is the standout, just about any pie here is worth the wait. • 238 Commerce Dr., Fairfield, (203) 333-7373; 59 Federal Rd., Danbury, (203) 790-7373 (pepespizzeria.com). Open daily. L (Mon.-Fri.) D, $, WA

Gabriele's Italian Steakhouse • ***Italian*** A throwback to the days of power dining, Gabriele's is large and luxe, and so are the steaks, which include filet mignon served on the bone, Wagyu and bone-in porterhouse. • 35 Church St., Greenwich, (203) 622-4223 (gabrieles-ofgreenwich.com). Open daily. D, $$$

The Ginger Man • ***American*** A New England-style tavern with 52 beers on tap (and 80 in bottles), burgers, brick-grilled duck and New York strip. • 64 Greenwich Ave., Greenwich, (203) 861-6400; 99 Washington St., South Norwalk, (203) 354-0163 (gingermangreenwich.com; gingermannorwalk.com). Open daily. L D LS SB, $$, WA

Joseph's Steakhouse • ***American*** Known for a New York-style steakhouse experience with gems such as prime dry-aged beef and its porterhouse steak for two. • 360 Fairfield Ave., Bridgeport, (203) 337-9944 (josephssteakhouse.com). Open daily. L (Mon.-Fri.) D, $$$, WA

l'escale • ***French*** A stylish, romantic dining room overlooking Greenwich Harbor that serves superb Provençal cuisine. • 500 Steamboat Rd., Delamar Greenwich Harbor, Greenwich, (203) 661-4600 (lescalerestaurant.com). B L D LS SB, $$, WA

Match • ***American*** The farm-fresh, seasonal menu at this upscale SONO restaurant changes daily but always offers something intriguing. • 98 Washington St., South Norwalk, (203) 852-1088 (matchsono.com). Open daily. D L (Wed.-Fri.), $$$

Mezon Tapas Bar & Restaurant • ***Latin Fusion*** The menu features an inventive mix of Spanish, Latin American and Caribbean dishes, featuring locally grown and seasonal ingredients. • 56 Mill Plain Rd., Danbury, (203) 748-0875 (mezonct.com). Open daily. L D LS, $$, WA

Ola • ***Nuevo Latino*** Fresh high-quality ingredients are knowledgeably prepared in-house. Nothing's too weird or outrageously expensive, the staff is helpful, the ambience nonjudgmental. • 694 Brooklawn Ave., Bridgeport, (203) 296-4884 (olarestaurantct.com). D WA $$

Pink Sumo • ***Sushi*** Sushi and other Japanese specialties are served in a sleek atmosphere along with sake and cocktails. • 4 Church La., Westport, (203) 557-8080 (pinksumoct.com). Open daily L D LS (Fri.-Sat.), $, WA

CONNECTICUT Magazine's restaurant listings are presented as a service to our readers. Information on specialties, prices, etc., was supplied by the restaurateurs. Space limitations in this guide prevent us from describing every restaurant in the state; omission is not intended to reflect upon the quality of an establishment. The listings include restaurants we know and love, and those recommended to us by our readers. Advertisers are guaranteed inclusion in the month they advertise. Restaurants reviewed after January 2013 are listed with our critic's ratings (poor; fair; ★ good; ★★ very good; ★★★ superior; ★★★★ extraordinary). Average entrée prices are based on dinner entrées: $ — inexpensive (under $15); $$ — moderate ($15-$25); $$$ — expensive (over $25). This guide is updated regularly, but it is suggested that prices and hours be verified by phone. B (Breakfast); L (Lunch); D (Dinner); LS (Late Supper); SB (Sunday Brunch); E (Live Entertainment); WA (Wheelchair Access)

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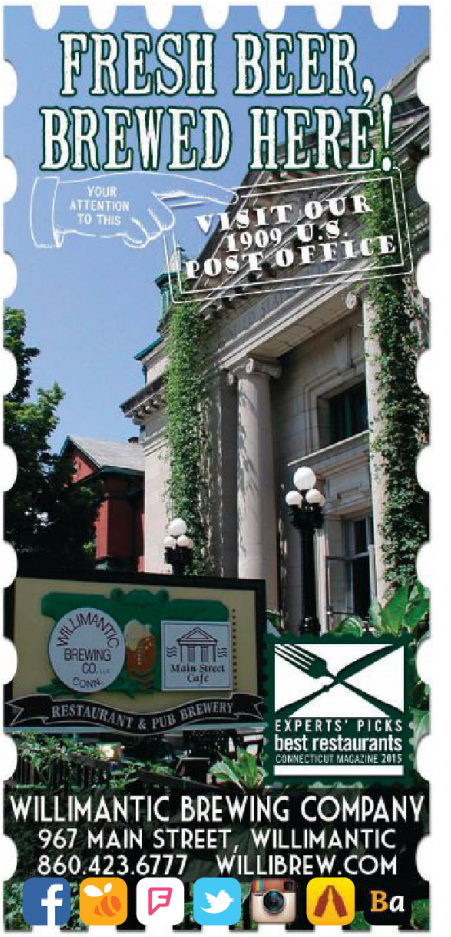

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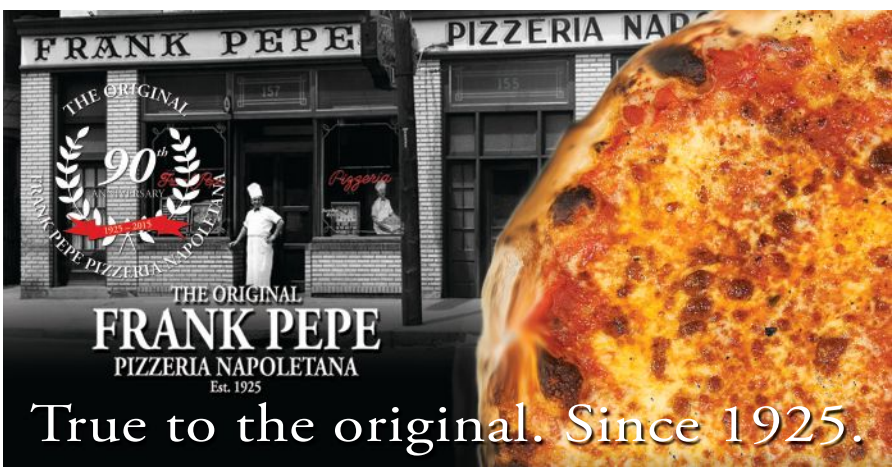

dining guide | fairfield county

Pho Vietnam • ***Vietnamese*** A family-owned restaurant serving authentic Vietnamese food with fresh produce, choice meats and seafood. • 56 Padanaram Rd., Danbury, (203) 743-6049 (rivebistro.com). Open daily. L D, $$, WA

Rive Bistro • ***French*** Serves up the classics—steak frites, moules Provençal, croque monsieur, frisée aux lardons and tarte tatin. • 299 Riverside Ave., Westport, (203) 557-8049 (rivebistro.com). Open daily. L D SB, $$, WA [★★★ 7/13]

Tazza Osteria • ***Creative Italian*** Try favorites like grilled octopus, hanger steak, meatballs and brick oven pizza in a modern and trendy atmosphere. • 116 Post Rd., Fairfield, (203) 292-8810 (tazzaosteriabar.com). Open daily. L (Mon.-Sat.) D, $$, W

Uberti's Fish Market • ***Seafood*** Specialties include fish-and-chips, stuffed scallops, lobster rolls and deep-fried lobster at this seafood market. • 88 Ferry Blvd., Stratford (203) 377-1429. Open daily. L D, $$, WA

Walrus + Carpenter • ***Barbecue*** Sink your teeth into the barbecue offered at this sleek new eatery in the Black Rock section of Bridgeport. The customer favorite is the Notorious P.I.G. • 2895 Fairfield Ave., Bridgeport (203) 333-2733 (walruscarpenterct.com). Open daily. L D $$

Hartford County

Abigail's Grille and Wine Bar • ***American*** A completely remodeled 1780 tavern blending classic charm with upscale casual dining. Try Gorgonzola-topped pork chops or cedar-plank Atlantic salmon. • 4 Hartford Rd., Simsbury, (860) 264-1580 (abigailsgrill.com). Open daily. L (Mon.-Fri.) D SB, $$, WA

À Vert Brasserie • ***French*** Owned by two chefs who in recent years have been making the Connecticut foodie world sit up and take notice, this restaurant offers beautiful food combined with imagination, perfectionism and zest. • 35 LaSalle Rd., West Hartford, (860) 904-6240 (avertbrasserie.com). Open daily. L D, LS, $$, WA

Barcelona Restaurant & Wine Bar • ***Spanish Mediterranean*** Barcelona's newest location in a popular line of hip, European-style restaurants. • 971 Farmington Ave., West Hartford, (860) 218-2100 (barcelonawinebar.com). Open daily. L (Mon.-Sat.) D LS, $$, E, WA

Bear's Smokehouse Barbecue • ***Barbecue*** Let your inner bear roar at these finger-lickin' good Kansas City-style barbecue joints owned by competitive eating champion Jamie McDonald. • 89 Arch St., Hartford, (860) 724-3100; 2152 Poquonock Ave.,Windsor, (860) 999-3834 (bearsbbq.com). Open daily. L D, $$, WA

Carbone's Kitchen • ***Italian*** This casual-dining little brother to Carbone's Ristorante Italian restaurant was established in 2012. Like the original Carbone's in Hartford, this restaurant uses fresh and local ingredients to prepare old-school Italian classics. • 6 Wintonbury Mall, Bloomfield, (860) 904-2111 (carboneskitchen.com). Open daily. L (Mon.-Fri.) D, $$, WA

Carbone's Ristorante • ***Italian*** This old-school, fine-dining Italian restaurant was established in 1938 and has survived as long as it has for a reason. Dishes include lobster risotto, grilled veal chop and eggplant, chicken and veal parmigiano • 588 Franklin Ave., Hartford, (860) 296-9646 (carbonesct.com). Closed Sun. L (Mon.-Fri.) D, $$$, WA

Firebox • ***New American*** Firebox boasts a seasonal, Connecticut farm-inspired menu including seared Stonington scallops and Connecticut farm-raised lamb. • 539 Broad St., Hartford, (860) 246-1222 (fireboxrestaurant.com). Open daily. L (Mon.-Fri.) D, $$, E, WA

First & Last Tavern • ***Italian*** Offers authentic Italian cuisine such as salads, pastas and brick oven pizzas in a casual atmosphere. • 939 Maple Ave., Hartford, (860) 956-600; 20 Maple Ave., Hartford, (860) 956-7000; 26 West Main St., Avon, (860) 626-2000; 220 Main St., Middletown, (860) 347-2220; 32 Cooke St., (860) 747-9100 (firstandlasttavern.com). Open daily. L D, $$, WA

Fleming's Prime Steakhouse & Wine Bar • ***American*** A premier destination for prime meats and chops, fresh fish and poultry, with a sophisticated wine list. • Blue Back Square, 44 South Main St., West Hartford, (860) 676-WINE (flemingssteakhouse.com). Open daily. D, $$, WA

Frank Pepe Pizzeria Napoletana • ***Pizza*** While world-famous white clam pizza is the standout, any pie here is worth the wait. • 1148 New Britain Ave., West Hartford, (860) 236-7373; 221 Buckland Hills Dr., Manchester, (860) 644-7333 (pepespizzeria.com). Open daily. L (Mon.-Fri.) D, $, WA

Grants Restaurant, Bar & Patisserie • ***Continental*** A West Hartford institution serving inventive dishes like braised lamb shank, pistachio-crusted Idaho trout and chocolate-caramel opera cake. • 977 Farmington Ave., West Hartford, (860) 236-1930 (billygrant.com). Open daily. L (Mon.-Sat.) D, $$, WA

Joey Garlic's • ***Italian*** Enjoy New Haven-style brick-oven pizzas, fresh-ground burgers, grinders and pasta in a family-friendly atmosphere. • 150 Kitts La., Newington, (860) 372-4620; 372

Scott Swamp Rd., Farmington, (860) 678-7231; 353 Park Rd., West Hartford, (860) 523-5639 (joeygarlics.com). Open daily. L D, $, WA

La Trattoria • ***Italian/American*** Enjoy seafood linguine fra diavolo and tableside Caesar salad. Banquet facility on premises. • Rte. 44, Canton, (860) 673-5000 (latrattoriact.com). Open daily. L (Mon.-Fri., Sun.) D, $$, E (weekends), WA

Little Pub • ***American*** Great food, generous drinks, seasonal menus and a lively pub atmosphere where you'll feel right at home. • 59 Ethan Allen Hwy., Ridgefield, (203) 544-9222 (littlepub.com). Open daily. L D $$

Max Downtown • ***American*** A Hartford mainstay featuring global cuisine, chophouse classics, a fine wine list and lighter fare in the tavern. *Wine Spectator* Best of Award of Excellence. • 185 Asylum St., Hartford, (860) 522-2530 (maxrestaurantgroup.com). Open daily. L (Mon.-Fri.) D LS, $$$, WA

Max Fish • ***Seafood*** A lively, upscale fish house serving a daily selection of fresh seafood and great steaks. The Shark Bar is more casual, offering lighter fare and Max classics in an uptempo environment. • 110 Glastonbury Blvd., Glastonbury, (860) 652-3474 (maxfishct.com). Open daily. L (Mon.-Sat.) D LS, $$

Metro Bis • ***American*** The restaurant's got a lovely new home at Simsbury 1820 House, but the focus hasn't changed—classically grounded innovation, seasonally oriented and ever open to a playful riff or two. • 731 Hopmeadow St., Simsbury, (860) 651-1908 (metrobis.com). Closed Sun. L D, $$, WA

The Mill on the River • ***American*** Pan-seared Chilean sea bass and pork chop Milanese are tops at this former gristmill. *Wine Spectator* Award of Excellence. • 989 Ellington Rd., South Windsor, (860) 289-7929 (themillontheriver.com). Open daily. L (Mon.-Fri.) D SB, $$, WA

Millwright's Restaurant • ***American*** Tyler Anderson dazzled us for years at The Copper Beech Inn. Now, he's wowing all comers at this sparkling restaurant. • 77 West St., Simsbury, (860) 651-5500 (millwrightsrestaurant.com). Closed Mon.-Tues. D, $$$, WA

ON20 • ***Contemporary French / American*** Savor panaromic city views and sophisticated atmosphere along with sumptuous seasonal cuisine. • 400 Columbus Blvd., 20th Floor, Hartford, (860) 722-5161 (ontwenty.com). Closed Sat.-Sun. L D (Thurs.-Fri.), $$ (L) $$$ (D), E

Republic • ***Gastropub*** Handcrafted beers, boutique wines and small-batch bourbons are offered at this high-end pub. • 39 Jerome Ave., Bloomfield, (860) 216-5852 (republicct.com). Open daily. L (Mon.-Fri.) D LS, $$ [★★½ 10/14]

Ruth's Chris Steakhouse • ***Steak*** Billed as "the steak that speaks for itself" the steaks served at the Connecticut location of this national chain are USDA Prime. In addition, the restaurant utilizes locally sourced produce in its recipes. • 2513 Berlin Tpke., Newington, (860) 666-2202 (ruthschris.com). L (Sun.) D $$$, WA

Salute • ***Italian/American*** It's like a classy party every night at this restaurant, where diners enjoy everything from traditional pasta dishes (including gluten-free choices) to giobatto, a robust chicken-sausage stew in a spicy broth served over fettucine. • 100 Trumbull St., Hartford, (860) 899-1350 (salutect.com). Open daily. L (Mon.-Sat.) D, $$, WA

Tisane Euro-Asian Café • ***Asian Fusion*** The diverse menu is complemented by over 40 specialty martinis and other specialty drinks. Try the Far East nachos, wings trio, Tisane Cobb salad, noodle bowls and espresso steak. • 537 Farmington Ave., Hartford, (860) 523-5417 (mytisane.com). Open daily. L D SB, $, E, WA

Treva Restaurant • ***Italian*** Offers chef-inspired Northern Italian cuisine—bronzino, tagliardi and porchetta—in a warm, rustic and casual environment. Treva's mixologists create a wide range of cocktails. • 980 Farmington Ave., West Hartford, (860) 232-0407 (trevact.com). Open daily. L (Mon.-Fri.) D SB LS, $$

Trumbull Kitchen • ***American*** "Global comfort food" is served at communal tables in the bar or individual tables in the dining rooms at this sophisticated city brasserie. *Wine Spectator* Award of Excellence. • 150 Trumbull St., Hartford, (860) 493-7417 (maxrestaurantgroup.com). Open daily. L (Mon.-Sat.) D LS, $$, E

Vinted Wine Bar & Kitchen • ***Tapas*** This exciting restaurant in Blue Back Square serves 68 wines by the glass along with an ambitious small-plates menu. 63 Memorial Rd., West Hartford, (860) 206-4648 (vintedwinebar.com). Open daily. D, $$, WA

The Willows • ***American*** A suave boîte in the DoubleTree Hotel helmed by star chef Leo Bushey III. On the menu: vanilla-poached lobster, pot-au-feu and pork tenderloin roulade with sun-dried fruit. • 42 Century Dr., Bristol, (860) 589-7766 (doubletree-bristol.com). Open daily 5 to 10. D, $$$, WA [★★★½ 8/13]

Wood-n-Tap • ***American*** Hip, fun eateries known for great burgers and great beer. You'll also love the pizza, pasta, salads and sandwiches. • 99 Sisson Ave., Hartford, (860) 232-TAPS; 1274 Farmington Ave., Farmington, (860) 773-OPEN; 420 Queen St., Southington, (860) 329-0032; 12 Town Line Rd., Rocky Hill, (860) 571-9444 (woodntap.com). Open daily. L D LS, $, WA

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2014 TOP DENTISTS

Litchfield County

Arethusa al Tavolo • ***New American*** This high-flying country restaurant serves sparkling dishes like butter-poached halibut with crab paella, rack of lamb and a glorious reinvention of Peking duck. • 828 Bantam Rd., Bantam, (860) 567-0043 (arethusaaltavolo.com). Open Thurs.-Sun. D, $$$, WA

Backstage • ***American*** Enjoy casual American fare prepared from scratch—salads and soups, creative small plates, hand-formed Angus patties on house-baked rolls—and 40 beers on tap. • 84 Main St., Torrington, (860) 489-8900 (backstageeatdrinklive.com). Open daily. L D LS SB, $$, E, WA

Carmen Anthony Fishhouse • ***Seafood & Steak*** Carmen Anthony offers an impressive variety of fresh-only seafood, big Maine lobsters (up to five pounds) and thick Black Angus steaks. *Wine Spectator* Award of Excellence. • 757 Main St., Woodbury, (203) 266-0011. Open daily. L D LS, $$$, E, WA

Carole Peck's Good News Cafe • ***New American*** Chef Carole Peck offers original dishes like warm crab taco and chicken tagine. • 694 Main St. S., Woodbury, (203) 266-GOOD (goodnews-cafe.com). Closed Tues. L D, $$

Community Table • ***American*** Chef Joel Viehland offers a seasonal menu using only ingredients grown, raised or foraged within a 200-mile radius. • 223 Litchfield Tpke., Washington, (860) 868-9354 (communitytablect.com). Closed Tues.-Wed. D SB, $$, WA

The Cookhouse • ***Barbecue*** "Slo-smoked" baby-back ribs and pulled pork are the name of the game here. • 31 Danbury Rd. (Rte. 7), New Milford, (860) 355-4111 (thecookhouse.com). Open daily. L D, $$, WA

Gifford's • ***American*** Enjoy an American melting pot of a menu that features the flavors of Thailand, Tuscany, Vietnam, Morroco and France, as well as local farm fare. In winter guests can enjoy a fireplace, in summer they can eat outside on an awning-shaded dining terrace. • 9 Maple St., Kent, (860) 592-0262 (jpgifford.com). Closed Mon.-Tues. D, $$$, WA [★★½ 6/14]

G.W. Tavern • ***American*** A Colonial-style tavern with a cozy bar and live music on weekends. Serves seasonal all-natural foods, including steaks and fresh seafood. • 20 Bee Brook Rd. (Rte. 47), Washington Depot, (860) 868-6633 (gwtavern.com). Open daily. L D LS SB, $$, WA

The Hopkins Inn • ***Austrian/American*** A country inn with an Old World atmosphere known for wiener schnitzel, backhendl and fresh-caught trout. • 22 Hopkins Rd., Warren, (860) 868-7295. Closed Mon. B L (Tues.-Sat.) D, $$$

The Painted Pony • ***American*** This cozy spot offers a variety of dishes, from prime rib and steak to pasta and pizza. Live entertainment every Thurs. • 74 Main St. (Rte. 61), Bethlehem, (203) 266-5771 (paintedponyrestaurant.com). Open daily. L (Mon.-Sat.) D, $, E, WA

Pastorale • ***French/Mediterranean*** Housed in a 1760s Colonial, Pastorale uses local and organic ingredients in dishes like pan-seared Idaho rainbow trout, chicken paillard and moules marinière. • 223 Main St., Lakeville, (860) 435-1011 (pastoralebistro.com). Closed Mon. D SB, $$, WA

The Restaurant at Winvian • ***French*** Chef Chris Eddy constantly changes the menu, using simple and seasonal ingredients accented with unusual and fresh findings. • 155 Alain White Rd., Morris, (860) 567-9600 (winvian.com). Closed Mon.-Tues. L D, $$$, WA

River Bistro • ***Mediterranean*** Located on the banks of the Housatonic River, River Bistro offers fine Mediterranean cuisine with a Spanish accent. The house specialties include a variety of tapas and traditional paella. • 300 Kent Rd., New Milford, (860) 355-4466 (riverbistro.net). Closed Mon.-Tues. L (Sun.) D, $$, WA

Salsa Restaurant • ***Southwestern*** Salsa highlights Southwestern cuisine with house-made mild-to-hot New Mexican-style dishes, fajitas, quesadillas and house-made salsas. • 31 Bank St., New Milford, (860) 350-0701. Closed Mon. L D, $, WA

Scarpelli's • ***American*** Since 1936, Scarpelli's has been offering classic comfort foods like chicken parmigiana, meat loaf, fried chicken and fish-and-chips. • 865 Migeon Ave., Torrington, (860) 482-7977 (scarpellisclassiccatering.com). Open daily. B L D, $$, WA

Venetian Restaurant • ***Classic Italian*** Enjoy seasonal specials and traditional fare like house-made pasta, veal dishes, grilled lamb chops, and tiramisu and rum cake for dessert. • 52 East Main St., Torrington, (860) 489-8592 (thevenetianrestaurant.com). Closed Tues. L (Mon.-Sat.) D, $$, WA

The Village Restaurant • ***American*** A historic pub and restaurant in the heart of Litchfield. Veal Bartalucci, Parmesan-and-horseradish-encrusted salmon and cheeseburgers top the menu. • 25 West St., Litchfield, (860) 567-8307 (village-litchfield.com). Open daily. L D, $$

West Street Grill • ***New American*** An innovative restaurant with a star-studded clientele and menu to match. Serves wild fish, handmade pasta and organic salads. *Wine Spectator* Award of Excellence. • 43 West St., Litchfield, (860) 567-3885 (weststreetgrill.com). Open daily. L D SB, $$$, R (on weekends), WA

The White Horse Country Pub • ***American*** Serves American pub favorites like burgers, ribs and seafood bake, along with some English ones—shepherd's pie, fish-and-chips and bangers and mash. • 258 New Milford Tpke., Washington, (860) 868-1496 (whitehorse-countrypub.com). Open daily. L D SB, $$, WA

Yokohama • ***Japanese*** Delicious tempura and teriyaki dishes, plus sushi and sashimi. • 131 Danbury Rd., New Milford, (860) 355-0556 (yokohama-sushi.net). Open daily. L D, $$, WA

Middlesex County

Alforno • ***Northern Italian*** Known for a great selection of house-made ravioli, including veal osso buco with fresh ricotta ravioli, butternut squash ravioli and wild boar ravioli, as well as tagliatelle Bolognese and arugula chicken. • 1654 Boston Post Rd., Old Saybrook, (860) 399-4166 (alforno.net). Open daily. L D, $$, WA

Angelico's Lake House • ***American*** Overlooking Lake Pocotopaug, Angelico's features great outside dining and a tiki hut. Try the spinach risotto, roast prime rib, stuffed salmon or lobster ravioli with sautéed shrimp. • 81 North Main St., East Hampton, (860) 267-1276 (angelicoslakehouse.com). Open daily. L D LS SB, $$, E, WA

Aspen • ***New American*** The menu at this sophisticated spot includes small plates (house-made tagliatelle, grilled flatbreads) and large—duck breast, rabbit, lobster pappardelle, Stonington sea scallops and more. • 2 Main St., Old Saybrook, (860) 395-5888 (aspenct.com). Open daily. L (Tues.-Sun.) D, $$, WA

Boom on the Water • ***American*** Dine on the outdoor deck overlooking a sea of yachts. Favorites include fried oysters, filet mignon Oscar with crabmeat-sherry cream and BBQ duck quesadillas. • Brewer's Pilots Point Marina, 63 Pilots Point Dr., Westbrook, (860) 399-2322 (boomrestaurant.net). Open daily. L D SB, $$, WA

Chicago Sam's • ***American*** This beloved sports bar takes sports fanaticism to new heights showing every NFL, MLB, NBA and NHL game. When it comes to the menu this place is also a winner. The 70-item pub menu serves lunch till midnight and 20 seasonally rotating beers are on tap. • 51 Shunpike Rd., Cromwell, (860) 635-1860 (chicagosams.com). Open Daily. L D LS, $, E, WA

Coyote Blue Tex Mex Café • ***Tex-Mex*** The extensive menu includes the spinach-and-feta quesadilla, cattleman's steak and Southwestern stir-fry served over Mexican rice. • 1960 Saybrook Rd., Middletown, (860) 345-2403 (coyoteblue.com). Closed Mon. D, $, WA

Cuckoo's Nest • ***Mexican*** Housed in a 200-year-old barn, Cuckoo's Nest has been serving nachos, fajitas, Cajun shrimp and scallops for over 35 years. • 1712 Post Rd., Old Saybrook, (860) 399-9060 (cuckoosnest.biz). Open daily. L D SB, $$, E, WA

Fresh Salt • ***American*** Drink in the glorious water view while savoring cioppino, merlot-braised short ribs, osso buco and Block Island swordfish. • 2 Bridge St., Old Saybrook, (860) 395-2000 (saybrook.com). Open daily. B L (Mon.-Sat.) D SB, $$$, E, WA

Gabrielle's • ***American Bistro*** Gabrielle's is an upscale bistro serving grilled tenderloin of beef, pan-seared scallops and pan-roasted fillet of salmon. • 78 Main St., Centerbook, (860) 767-2440 (gabrielles.net). Open daily. L (Mon.-Fri.) D SB, $$, WA

Gelston House • ***American*** This historic restaurant offers unparalleled views of the Goodspeed Opera House and the Connecticut River. Entrées include pan-seared duck breast, filet mignon and lamb ragout. • 8 Main St., East Haddam, (860) 873-1411 (gelstonhouse.com). Closed Mon. L (Tues.-Sun.) D LS SB, $$, E, WA

The Griswold Inn • ***American*** The beloved 1776 "Gris" features classic New England cuisine in the dining room, small plates and 50 wines by the glass in the wine bar, and a lively taproom. *Wine Spectator* Award of Excellence. • 36 Main St., Essex, (860) 767-1776 (griswoldinn.com). Open daily. L D SB, $$$, E, WA

Haveli India • ***Indian*** Amidst traditional Indian decor, Haveli serves coconut soup, chicken tikka masala, diwani kebab, fish tandoori and the Haveli mixed grill. • 1300 South Main St., Middletown, (860) 347-7773 (haveliindia.com). Open daily. L D, $, WA

Hilltop BBQ • ***Barbecue*** Beer-battered onion rings, loaded chili, Memphis-style baby-back ribs and cornmeal-and-jalapeño-crusted catfish are just a few of the down-home choices here. • 12 Rae Palmer Rd., Moodus, (860) 873-1234 (hilltopbbqsteakhouse.com). Open daily. L D, $$, WA

La Foresta • ***Italian*** A wine bar and ristorante with fine Italian wines, serving garden-fresh, ingredient-driven Northern Italian cuisine. • 163 Route 81, Killingworth, (860) 663-1155 (laforestarestaurant.com). Open daily. D, $$$, WA [★★★ 3/15]

Lenny & Joe's Fish Tale • ***Seafood*** This Connecticut institution serves all manner of fresh seafood, from hot lobster rolls to baked stuffed shrimp to fried whole-belly clams. • 86 Boston Post Rd., Westbrook, (860) 669-0767 (ljfishtale.com). Open daily. L D, $$, WA

Liv's Oyster Bar • ***Seafood*** Liv's is a stylish, small neighborhood restaurant housed in an old movie theater. Stonington sea scallops, wild salmon, organic chicken and heirloom vegetables top the menu. • 166 Main St., Old Saybrook, (860) 395-5577 (livsoysterbar.com). Closed Tues. D, $$, WA

Luigi's • ***Italian*** Enjoy classic Italian favorites like seafood cannelloni, chicken leonardo, veal parmigiana, whole clams, prime rib and other dishes in a warm, home-like atmosphere. • 1295 Boston Post Road, Old Saybrook, (860) 388-9190 (luigisrestaurant.com). Closed Monday (except in July and August). D, $$, WA

The Restaurant at Water's Edge • ***Continental*** Drink in the view of Long Island Sound as you savor fare like filet mignon and applewood-smoked Atlantic salmon. • 1525 Boston Post Rd., Westbrook, (860) 399-5901 (watersedge-resort.com). B L D SB, $$$, WA

Restaurant L&E/French 75 Bar • ***French*** Upstairs you'll find formal, elegant dining and a seasonal menu while downstairs offers a more traditional bistro experience. • 59 Main St., Chester, (860) 526-5301 (restaurantlande.com). Open daily. D LS, $$$, WA

River Tavern • ***American*** Farm-to-table pioneer Jonathan Rapp wears top toque at this town fixture. On the menu: made-to-order guacamole, grilled Stonington swordfish, New York strip. • 23 Main St., Chester, (860) 526-9417 (rivertavernrestaruant.com). Open daily. L D $$

New Haven County

116 Crown • ***American Tapas/Small Plates*** Dine on sliders, pizzettes and charcuterie and cheese in a loungelike atmosphere—along with exciting house cocktails created by mixologist John Ginnetti. • 116 Crown St., New Haven, (203) 777-3116 (116crown.com). D LS, $$, E, WA

121 Restaurant @ OXC • ***American*** Watch the planes take off and land at 121, located at the Waterbury-Oxford Airport. The menu runs from great pizzas and burgers to an eclectic mix of American favorites. • 7 Juliano Dr., Oxford, (203) 262-0121 (121atoxc.com). Closed Mon. L D, $$, E, WA

Aldario's Restaurant • ***Classic Italian*** Featuring rich colors, cozy booths and vaulted ceilings, this spot serves pork osso buco and zuppa di pesce. • 240 Naugatuck Ave., Milford, (203) 874-6096 (aldarios.com). Closed Mon. L D, $$, WA

Archie Moore's Bar & Restaurant • ***American*** Casual pub-style dining with burgers, nachos and salads. And don't miss the award-winning buffalo chicken wings. • 188½ Willow St., New Haven, (203) 773-9870; 39 N. Main St., Wallingford, (203) 265-7100; 15 Factory La., Milford, (203) 876-5088, (archiemoores.com). Open daily. L D LS, $

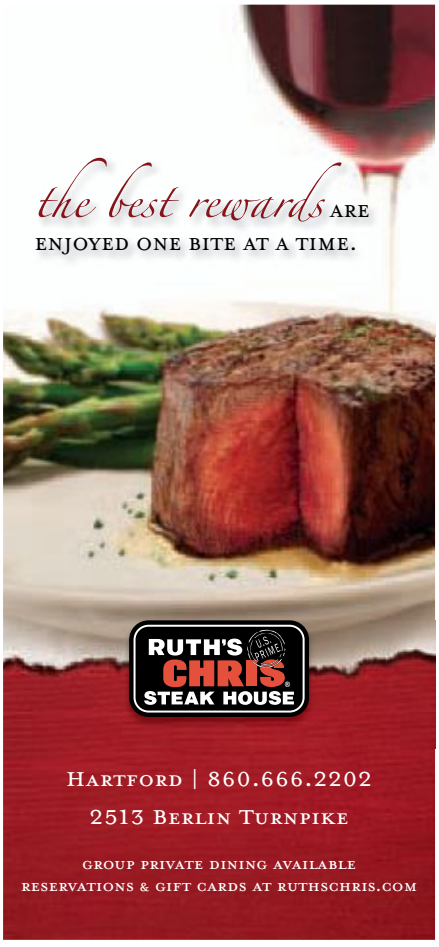
Bar Bouchée • ***French*** Jean Pierre Vuillermet's classic bistro has a black-and-white tile floor, pressed-tin-style walls and ceiling and a zinc bar. On the menu: duck leg confit, charcuterie and beef bourguignon. • 8 Scotland Rd., Madison, (203) 318-8004. Open daily. D, $$

Barcelona Restaurant & Wine Bar • ***Spanish Mediterranean*** A hip restaurant serving Spanish and Mediterranean cuisine—including tapas, hot and cold. *Wine Spectator* Award of Excellence. • 155 Temple St., New Haven, (203) 848-3000 (barcelonawinebar.com). Open daily. L D LS, $$, WA

Bistro Mediterranean • ***Mediterranean*** This casual and relaxed restaurant has Spanish and Mediterranean influences and offers a variety of beloved dishes including scallops parrilla, paella and brussels sprout salad. • 383 Main St., East Haven, (203) 467-2500, (bistromediterraneanandtapasbar.com. Open daily. L D, $$, WA

Carmen Anthony Steakhouse • ***Steak & Seafood*** The place to enjoy thick Black Angus steaks and Maine lobsters in a clubby atmosphere. *Wine Spectator* Award of Excellence. • 496 Chase Ave., Waterbury, (203) 757-3040; 660 State St., New Haven, (203) 773-1444 (carmenanthony.com). L D LS, $$$, WA

The Cask Republic • ***Gastropub*** Beer is the star here, with 125 bottled and more than 50 draft beers on offer. Pair it with dishes like sweet-potato clam chowder, oyster sliders and pan-seared sea scallops. • 179 Crown St., New Haven, (475) 238-8335 (thecaskrepublic.com). Closed Sun. L D, $$, WA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Ceviche • ***Latin Fusion*** Several different styles of ceviche are offered here. In addition the place features a variety of sizzling Latin dishes, cocktails and 30 different types of tapas. Try the Granada Mojito, which features pomegranate flavors. • 530 Middlebury Road, Middlebury, (203) 527-7634 (cevichelatinkitchen.com). Closed Monday. L (Wed.-Thurs.) D LS, $$, WA

Claire's Corner Copia • ***Vegetarian*** A café-style spot offering globe-trotting dishes like organic-mushroom crêpes, Bengal curry, Irish breakfast and Lithuanian coffee cake. • 1000 Chapel St., New Haven, (203) 562-3888 (clairescornercopia.com). Open daily. B L D SB, $, WA

Consiglio's Restaurant • ***Classic Italian*** Family-owned and -run for over 70 years, Consiglio's is known for classic home-style favorites like homemade cavatelli and braciole, eggplant rollatini and lasagna. • 165 Wooster St., New Haven, (203) 865-4489 (consiglios.com). Open daily. L (Tues.-Fri., Sun.) D, $$

Frank Pepe Pizzeria Napoletana • ***Pizza*** While world-famous white clam pizza is the standout, just about any pie here is worth the wait. • 157 Wooster St., New Haven, (203) 865-5762 (pepespizzeria.com). Open daily. L (Mon.-Fri.) D, $, WA

Geronimo Tequila Bar & Southwest Grill • ***Southwestern Fusion*** A mix of traditional Native American, Mexican, Spanish and Anglo-American fare, with bold flavors and authentic ingredients. • 271 Crown St., New Haven, (203) 777-7700 (geronimobarandgrill.com). Open daily. L (Mon.-Sat.) D, $$ [★★ 7/13]

Goodfellas Restaurant • ***Italian*** The extensive menu is a veritable Best Hits of Italy, featuring pastas and gnocchi, pork chop Milanese, steak pizzaiola, veal saltimbocca and the chef's signature filet cognac. • 702 State St., New Haven, (203) 785-8722 (goodfellasrestaurant.com). Open daily. L D, $$, WA

Heirloom • ***Modern Continental*** Chef Carey Savona serves dishes like crab cakes with fennel and vermouth butter and herbed gnocchi with rapini and tomatoes. • The Study at Yale, 1157 Chapel St., New Haven, (203) 503-3919 (studyhotels.com). Open daily. B L (Mon.-Sat.) D SB, $$, WA

Ibiza Tapas • ***Tapas*** Requeson cheese croquettes, sautéed shrimp in garlic sauce and Spanish veal-and-pork meatballs are among the offerings. • 1832 Dixwell Ave., Hamden, (203) 909-6512 (ibizatapaswinebar.com). Open daily. L D, $, WA

J. Christian's • ***New American*** A smart, lively restaurant and lounge that takes no shortcuts in preparing New American cuisine with a Southern accent. • 9 North Main St., Wallingford, (203) 265-6393 (jchristians.com). Closed Mon. L D, $$

La Tavola Ristorante • ***Classic Italian*** Enjoy a twist on classic Italian cuisine with prosciutto-wrapped figs, pumpkin ravioli and pepper-encrusted Ahi tuna. • 702 Highland Ave., Waterbury, (203) 755-2211 (latavolaristorante.com). Closed Sun. L D, $$, WA

Lenny & Joe's Fish Tale • ***Seafood*** This Connecticut institution serves all manner of fresh seafood, from hot lobster rolls to baked stuffed shrimp to fried whole-belly clams. • 501 Long Wharf Dr., New Haven, (203) 691-6619 (ljfishtale.com). Open daily. L D, $$, WA

L'Orcio • ***Contemporary Italian*** This upscale restaurant features a menu of house-made pastas, grilled whole fish and steaks. • 806 State St., New Haven, (203) 777-6670 (lorcio.com). Closed Mon. L (Fri.) D, $$

Moxie • ***American*** High-end American cuisine is the star here. Try the perfectly cooked burger that comes with awesome fries doused in kosher salt and malt vinegar powder. • 52 Wall Street, Madison, (203) 421-6963, moxie-bar.com. Closed Mon. D (Tues.-Sun) L (Fri.-Sun.), $$, WA

Miya's • ***Sushi*** A sushi restaurant like no other, thanks to chef Bun Lai's unique creations. • 68 Howe St., New Haven, (203) 777-9760 (miyassushi.com). Closed Sun.-Mon. L D, $$$, WA

Olea • ***Spanish*** A world-class, full-service Spanish restaurant, with a fun tapas bar. • 39 High St., New Haven (203) 780-8925, oleanewhaven.com. Closed Sun., Mon.-Thur. L D, $$$, WA [★★★★ 2/15]

Ristorante Luce • ***Classic Italian*** Enjoy the double-cut veal chops, pane cotto, risotto pescatore and daily fish specials. Extensive wine list. • 2987 Whitney Ave., Hamden, (203) 407-8000 (ristoranteluce.net). Open daily. L (Mon.-Fri.) D, $$

Roìa • ***French/Italian*** This new spot in the Taft Hotel building evokes a golden era when romance reigned. On the menu: artichoke soup, chicken al mattone and panna cotta. 261 College St., New Haven, (203) 200-7045 (roiarestaurant.com). D (Wed.-Sun.), $$, WA

Sake Fusion Restaurant • ***Asian Fusion*** Indian pancakes with curry sauce, Thai red snapper, Vietnamese-style grilled pork and Malaysian-style sautéed eggplant are just a few of the Asian-fusion dishes on the menu at this exotic spot. • 730 Main St. S., Southbury, (203) 264-2888 (sakefusionsouthbury.com). Open daily. L (Mon.-Sat.) D, $, WA

Sans Souci • ***American*** A casual mainstay in the area that prides itself on offering fresh pasta, steak, chicken, veal, seafood and other crowd pleasers. • 2003 N. Broad St., Meriden, (203) 639-1777 (sanssoucirestaurant.com). Closed Mon. L (Tues.-Fri.), D, $$

Señor Pancho's • ***Mexican*** A festive spot serving up terrific fresh salsa and margaritas to go with mole poblano, steak ranchero and fajitas. • 280 Cheshire Rd., Prospect, (203) 758-7788; 385 Main St. S., Southbury, (203) 262-6988 (senorpanchos.com). Open daily. L D SB, $, E, WA

Thali Regional Cuisine of India • ***Indian*** Chic, exotic and fun. Thali dinners include Konkan crab, lamb chops and Andhra chicken curry. • 4 Orange St., New Haven, (203) 777-1177 (thali.com). Open daily. L D SB, $$, WA

The Wharf • ***New American*** This great spot at the Madison Beach Hotel serves up steak tartare, cioppino and grilled Berkshire pork chop with roasted fennel—with a side of water views. • 94 West Wharf Rd., Madison, (203) 350-0014 (madisonbeachhotel.com). Open daily. B, L (Mon.-Sat.), D. $$$, WA

Wood-n-Tap • ***American*** Hip, fun eateries known for great burgers and great beer. You'll also love the pizza, pasta, salads and sandwiches. • 311 Boston Post Rd., Orange, (203) 799-9663; 970 N. Colony Rd., Wallingford, (203) 265-9663 (woodntap.com). Open daily. L D LS, $, WA

Zafra Cuban Restaurant & Rum Bar • ***Cuban*** With a collection of 300 different kinds of rum—one of the largest in the country—this New Haven establishment is Connecticut's first true rum bar. Small, dark and atmospheric, this hip locale features chef Tadahiro ("Haya") Hayasaka's subtle and sometimes fanciful take on Cuban soul food. • 259 Orange St., New Haven, (203) 859-5342 (zafrarumbar.com). Open daily. L (Tues.-Fri.) D LS, $$, WA

New London County

Al Dente • ***Italian*** Savor the mouthwatering flavors of frutti di mare, farfalle con pollo and medaglioni de manzo, followed up with cannoli or tiramisu at this Italian dining gem. • Foxwoods Resort Casino, Mashantucket, (800) Foxwoods (foxwoods.com). Open daily. D, $$$, E, WA

Alta Strada • ***Italian*** Try favorites like chittara with spicy lobster and fresh peas and grilled lamb chops with asparagus, potato and pickled onion salad. • MGM Grand at Foxwoods, 240 MGM Grand Dr., Mashantucket, (860) 312-2582 (altastradarestaurant.com). Open daily. L D, $$$

Azu • ***American*** Features a great bar and dishes such as grilled pizza salad, baked macaroni and cheese with lobster and linguine with red clam sauce. • 32 West Main St. Mystic, (860) 536-6336 (azuct.com). Open daily. B L D LS, $$

Ballo Italian Restaurant & Social Club • ***Italian*** A sumptuous restaurant inspired by the magnificent 12th-century Abbey of San Galgano in Siena. On the menu: pizza and pasta, striped bass and veal porterhouse. • Mohegan Sun, Uncasville, (860) 862-1100 (balloitalian.com). L D, $$, WA

Bar Americain • ***American*** This brasserie serves up Bobby Flay specialties like lobster-avocado cocktails, buttermilk-fried chicken with biscuits—and big-time glamour. • Mohegan Sun, Uncasville, (860) 862-8000 (baramericain.com). Open daily. D, $$

Bleu Squid • ***American*** A bakery and cheese shop serving 30 cheeses and 40 different cupcakes. Also serves up grilled cheese sandwiches to go, freshly made and to order, including the best-selling lobster grilled cheese. • 27 Coogan Blvd., Mystic, (860) 536-6343 (dessertsmysticct.com). Open daily. L D, $, WA

Caffé NV • ***Greek*** Greek cuisine is the specialty at this restaurant with stained-glass windows and brick walls. Some favorites include pasta a la Philip and shrimp Saganaki. • 57 Boston Post Rd., Waterford, (860) 444-8111 (cafenv.com). Closed Sun. L D LS, $$, WA

The Captain Daniel Packer Inne • ***American*** This 1754 whaler's inn features a view of the Mystic River along with dishes like lemon pepper chicken, filet mignon and salmon • 32 Water St., Mystic, (860) 536-3555 (danielpacker.com). Open daily. L D, $$$ WA

C.C. O'Brien's • ***Irish Pub*** A neighborhood sports pub with great food, friendly service, sports on 20 HDTVs and live entertainment on Saturday nights. • 8 Mechanic St., Pawcatuck, (860) 599-2034 (ccobriens.com). Open daily. L D LS, $$, WA

Cedar's Steakhouse • ***American*** Offers lounge seating and cozy booths. Diners can count on the finest cuts of certified dry-aged prime beef and fresh seafood. • Foxwoods Resort Casino, Mashantucket, (800) FOXWOODS (foxwoods.com). Open daily. L D, $$$, WA

Chaplin's • ***Seafood*** Specializes in locally caught seafood and regional American bistro favorites. Standouts include halibut sautéed with almonds, tuna with fresh mango and roasted red-pepper sauce and swordfish garnished with salsa. • 165 Bank St., New London, (860) 443-0684. Open daily. D, $$, WA

The Chestnut Grille • ***American*** The winning seasonal menu here includes succulent treats such as pan-roasted duck breast and seared diver scallops. • The Bee and Thistle Inn, 100 Lyme St., Old Lyme, (860) 434-1667 (beeandthistleinn.com). Closed Sun.-Mon. D, $$$, E

David Burke Prime • ***American*** An updated steakhouse menu with dry-aged beef, as well as terrific pork, chicken and seafood specialties. The steak served here is truly a cut above. • Foxwoods Resort Casino, Mashantucket, (860) 312-8753 (davidburke-prime.com). Open daily. L D SB, $$$

Dog Watch Café • ***American*** Overlooking Dodson Boatyard in Stonington Borough, this spot offers a casual seaside atmosphere, great food and live entertainment on the weekends. Watch Hill oysters, St. Louis baby-back ribs and grilled swordfish are among the offerings. • 194 Water St., Stonington, (860) 415-4510 (dogwatchcafe.com). Open daily. L D, $$, WA

Engine Room • ***American*** Choose from 16 craft beers on tap at one of the newest and hippest restaurants in Mystic. While burgers take the spotlight, they are by no means all that Engine Room's soup-to-nuts menu has to offer. There are bar bites, appetizers, big salads, sandwiches, entrées, sides and desserts. • 14 Holmes St., Mystic, (860) 415-8117 (engineroomct.com). Open daily. L D, $$, WA [★★★ 5/14]

Flanders Fish Market & Restaurant • ***Seafood*** Flanders excels at lobster bisque, fish-and-chips and broiled seafood. Known for its bountiful Sunday buffet, fresh seafood market and New England clambakes. • 22 Chesterfield Rd., East Lyme, (860) 739-8866 (flandersfish.com). Open daily. L D SB, $$, WA

Frank Pepe Pizzeria Napoletana • ***Pizza*** While world-famous clam pizza is the standout, many other varieties are also worth the wait. • Mohegan Sun, Uncasville, (860) 862-8888 (pepespizzeria.com). Open daily. L (Mon.-Fri.) D, $, WA

Gaspar's Restaurant • ***New American Cuisine*** Enjoy award-winning lobster bisque, sushi rolls and other sea-to-table delicacies made from fresh seafood purchased blocks away at the New London docks. Ambience is old-school classy, white tablecloths, red roses and candlelight. • 385 Bank Street, New London, (860) 440-3663 (gasparsnewlondon.com). Open daily. L D SB, $$, WA

Harbour House Restaurant and Bar • ***Seafood*** Enjoy ahi tuna tacos, lobster, grilled swordfish and other seafood favorites in a casually elegant and comfortable setting with stunning water views. • 3 Williams Ave., Mystic, (860) 536-8144 (harbourhousect.com). Open daily. L (Mon.-Fri.) D, $$, E, WA

Inishmor Pub • ***Irish American*** Get a taste of the old country at this authentic Irish pub where specialties include Gaelic favorites like chips and curry and shepherd's pie. • 20 Main St., Colchester, (inishmorpub.com). Open daily. L D LS $$, E

Jasper White's Summer Shack • ***Seafood*** This award-winning restaurant features live lobster and crab, fried seafood, chowders and wood-grilled fish. • Mohegan Sun, Uncasville, (860) 862-9500 (summershackrestaurant.com). Open daily. L D SB, $$

Kensington's at The Spa at Norwich Inn • ***American*** A first-class restaurant serving gourmet food with an emphasis on natural meats, fresh, locally sourced produce and healthy preparations. • 607 West Thames St., Norwich, (860) 425-3630 (thespaatnorwichinn.com). Open daily. B L D SB, $$$, E, WA

Kitchen Little • ***American*** Enjoy a panoramic view of the Mystic River while dining on eggs Benedict, omelets and other savory egg dishes at this breakfast destination. • 36 Quarry Rd., Mystic (kitchenlittle.org). Open daily for breakfast. B L (Mon.-Fri.) SB, $

Michael Jordan's Steak House • ***American*** USDA prime steaks, chops and fresh seafood paired with an extensive wine list. • Mohegan Sun, Uncasville, (860) 862-8600 (michaeljordansteakhouse.com). Open daily. D, $$$

Octagon • ***American*** The menu at this upscale yet relaxed steak house includes the signature 24-ounce bone-in rib eye, 14-ounce Kobe sirloin and wild striped bass. *Wine Spectator* Award of Excellence. • Mystic Marriott Hotel, 625 North Rd., Groton, (860) 326-0360 (octagonsteakhouse.com). Open daily. D, $$$, R

The Old Lyme Inn • ***American*** The Inn's restaurant and bar features a locally sourced menu with a modern twist on traditional dishes. • 85 Lyme St., Old Lyme, (860) 434-2600 (oldlymeinn.com). Open daily. L D, $$$, WA

Oyster Club • ***American*** This popular place showcases food that travels the shortest distance from farm and sea to table, with seasonality and location determining the day's dishes. • 13 Water St., Mystic, (860) 415-9266 (oysterclubct.com). Closed Tues. L (Sat.) D SB, $$, WA

Paragon • ***American*** This 24th floor aerie is Foxwoods' showpiece, with a menu that highlights organic produce and meats: crispy wild boar meatballs and Dover sole with beurre noir. • Foxwoods Resort Casino, Mashantucket, (800) 312-3000 (foxwoods.com). Closed Mon.-Tues. D, $$$, WA

Recovery Room Restaurant • ***American*** This is the place for designer pizzas, chopped salads and pasta dishes. Full bar. • 445

Ocean Ave., New London, (860) 443-2619 (therecoveryroomnl.com). Open daily. L D, $$, WA

Red 36 • ***American*** It's all about the sea at this waterside hotspot that offers dinner with a view. • 2 Washington St., Mystic, (860) 536-3604 (red36ct.com). Closed Mon. L D, $$

Rustic Cafe • ***American*** Customer favorites at this casual café include $9 lobster rolls, spinach salad, chocolate gorgonzola burgers, cinnamon and chipotle baby back ribs, and homemade pies. • 516 Boston Post Rd., East Lyme, (860) 691-0477 (therusticcafe.com). Open daily. L D, $, E

S&P Oyster Co. • ***Seafood*** Serving traditional New England seafood with a South American flair. Enjoy oysters on the half shell, PEI mussels, fresh cuts of fish and Creekstone Farms steaks grilled over hard woods. • 1 Holmes St., Mystic, (860) 536-2674 (sp-oyster.com). Open daily. L D, $$, WA

Shrine • ***Asian Fusion*** A restaurant that serves an array of alluring dishes with Vietnamese, Thai and Japanese influences—and one of the state's hottest night spots. • MGM Grand at Foxwoods, (860) 312-8888 (shrinemgmfoxwoods.com). Open daily. (Scorpion Bar). L D, $$

Tolland County

Altnaveigh Inn & Restaurant • ***American*** This 1734 farmhouse serves filet mignon with port-wine reduction demiglace and pan-seared tuna with onion marmalade. • 957 Storrs Rd., Storrs, (860) 429-4490 (altnaveighinn.com). Closed Sun.-Mon. L (Tues.-Fri.) D, $$$, WA

Angellino's Restaurant • ***Italian*** There's plenty to like at Angellino's, including penne Augustino with artichoke hearts, sun-dried tomatoes and garlic. • 135 Storrs Rd., Mansfield, (860) 450-7071; 346 Kelly Rd., Vernon, (860) 644-7702 (angellinos.com). Open daily. L D, $$, WA

Asian Bistro • ***Asian Fusion*** A popular hibachi steak house/bar offering Asian-fusion dishes along with sushi and sashimi. • 95 Storrs Rd., Mansfield, (860) 456-8316 (asianbistromansfield.com). Open daily. L D, $$, WA

Bidwell Tavern • ***American*** This 1822 Coventry tavern, once the town hall, offers prime rib, chicken wings and 24 beers on tap. • 1260 Main St. (Rte. 31), Coventry, (860) 742-6978. Open daily. L D LS, $$, E, WA

Casey's Café • ***American*** Wednesday is pasta night, Thursday is build-your-own Mexican specialties and Sunday is barbecue all day long at this family-run family-style restaurant. • 127 West Rd., Ellington, (860) 870-8784 (caseyscafect.com). Open daily. L D, $

Coyote Flaco • ***Mexican*** Standouts at this colorful spot include chile rellenos, pollo al mole, bistek ranchero and the enchilada trio. • 50 Higgins Hwy., Mansfield, (860) 423-4414 (coyoteflaco-mansfield.com). Open daily. L (Fri.-Sun.) D, $$, WA

Elmo's Dockside • ***Seafood*** Known for fresh, local seafood, homemade clam chowder and lobster bisque, USDA High Choice beef, poultry and pasta dishes. • 48 Hartford Tpke., Vernon, (860) 646-3474, (elmosdockside.com). Open daily. L (Mon.-Sat.) D, $$

Georgina's Italian Restaurant • ***Italian*** Warm and inviting—try the calamari appetizer, chicken Athena, lasagna and chicken parmigiano. • 275 Boston Tpke., Bolton, (860) 647-0345 (georginasrestaurant.com). Closed Mon. L D, $$, WA

Little Mark's Big BBQ • ***Barbecue*** Little Mark's famous homemade sauces, such as Kansas City Sweet, Pork Pickin' Vinegar and Texas Hot, enhance the beef and pork ribs. • 226 Talcottville Rd., Vernon, (860) 872-1410 (littlemarksbbq.com). Open daily. L D, $$, WA

Pancho Loco • ***Mexican*** Don your shorts and Hawaiian shirt and try this Parrothead paradise for sizzling fajitas and chillin' margaritas. • 218 Talcottville Rd., Vernon, (860) 871-1819 (panchoco.net). Open daily. L D, $, E, WA

Rein's New York Style Deli-Restaurant • ***American*** A bright and bustling Jewish deli serving everything from challah French toast and potato pancakes to pastrami Reubens and cheese blintzes. • 435 Hartford Tpke., Vernon, (860) 875-1344 (reinsdeli.com). Open daily. B L D LS SB, $, WA

Somers Inn Restaurant • ***American*** American cuisine served in a historic country setting. Specialties include prime rib, baked stuffed shrimp with spinach-artichoke sauce and bacon-wrapped buffalo shrimp. • 585 Main St., Somers, (860) 749-2256 (thesomersinn.com). Closed Mon.-Tues. L (Wed.-Fri.) D SB, $$, WA

Tavern House Grill • ***American*** This pub-style sports bar features live entertainment and regular karaoke events. On the menu: steaks, burgers, grilled sandwiches and wings. • 200 Merrow Rd. Tolland, (860) 872-0332 (tavernhousegrill.com). Open daily. L D SB, $, E, WA

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True Blue Tavern at the Nathan Hale Inn • ***American*** Great casual dining in a fun atmosphere celebrating the spirit of UConn athletics. • 855 Bolton Rd., Storrs, (860) 427-7888 (nathanhaleinn.com). Open daily. D, $, WA

Trattoria da Lepri • ***Italian*** This family-owned and -run eatery prepares dishes from scratch with local ingredients. On the menu: rigatoni Bolognese, veal scallopini Marsala and crab-meat-stuffed shrimp. • 89 West Rd., Ellington, (860) 875-1111 (trattoriadalepri.com). Closed Sun.-Mon. D, $$, WA

Utsav Indian Cuisine • ***Indian*** This gem boasts a menu of delectable Indian treats such as shamm savera or calamari cochin. • 575 Talcottville Rd., Vernon, (860) 871-8714 (utsavcuisine.com). Open daily. L D, $$, WA

Willington Pizza House • ***Pizza*** Unusual designer pizza concoctions, including red-potato and seafood casino. • 25 River Rd. (Rte. 32), Willington, (860) 429-7433 (willingtonpizza.com). Open daily. L D LS, $, WA

Wood-n-Tap • ***American*** Known for great burgers and great beer. You'll also love the pizza, pasta, salads and sandwiches. • 236 Hartford Tpke., Vernon, (860) 872-6700 (woodntap.com). L D LS, $, WA

Windham County

85 Main • ***New American*** There's something for everybody at this Main Street fixture: from sushi to duck-liver pâté, pulled-pork barbecue to wild-mushroom ravioli. • 85 Main St., Putnam, (860) 928-1660 (85main.com). Open daily. L D LS, $$, WA

Bella's Bistro • ***Northern Italian*** An upscale spot with a seasonal menu serving veal, beef, chicken, pork, pizzas, seasonal fish, shrimp, mussels, scallops and lobster. • 75 Main St., Putnam, (860) 928-7343 (bellasbistromarket.com). Closed Mon. L D (Tues.-Sat.), $$, WA

The Courthouse Bar & Grill • ***American*** Serves 20 great appetizers plus "arresting" main courses such as seafood Alfredo and Montreal sirloin. • 121 Main St., Putnam, (860) 963-0074 (courthousebarandgrille.com). Open daily. L D LS (weekends), $, WA

Golden Lamb Buttery • ***American*** In a barn overlooking a 1,000-acre farm, dinner here might be roast duckling, chateubriand or honey-glazed rack of lamb. For dessert, there's strawberry-rhubarb bread pudding or lemon blueberry cake. • 199 Bush Hill Rd., Brooklyn, (860) 774-4423 (thegoldenlamb.com). Closed Sun.-Mon. L D (Fri.-Sat.), $$$, E, WA

Hank's Restaurant • ***American*** A family place serving home-style chowders, lobster salad rolls and prime rib. • 416 Providence Rd., Brooklyn, (860) 774-6071 (hanksrestaurant.com). Open daily. L D, $$

The Inn at Woodstock Hill • ***American*** The menu at this historic estate includes shrimp-and-sea-scallop stir-fry, fontina-stuffed veal tenderloin Serrano and duckling à l'orange. • 94 Plaine Hill Rd., Woodstock, (860) 928-0528 (woodstockhill.com). Open daily. L (Thurs.-Sat.) D SB, $$$, WA

J.D. Cooper's • ***American*** A sports pub with walls of sports memorabilia and 125 entrées from prime rib to fajitas to fresh fish. • 146 Park Rd., Putnam, (860) 928-0501. Open daily. L D, $, E (Sat.), WA

The Mansion at Bald Hill • ***American*** The pan-seared diver scallops with jumbo shrimp is tops, and don't skip the lobster mac 'n' cheese. • 29 Plaine Rd., South Woodstock, (860) 974-3456 (mansionatbaldhill.com). Closed Mon. D, $$$, WA

Mozzarella's Grill & Bar • ***American/Italian*** A great family restaurant with a warm, cozy atmosphere serving fresh burgers, steaks, seafood, and Italian specialties. • 460 Hartford Tpke., Dayville, (860) 774-3434 (mozzarellasgrill.com). Closed Fri.-Sun. B L D, $, E, WA

New Ocean Palace • ***Japanese*** Enjoy the tiger roll, mango chicken, crab rangoon and teriyaki beef. • 520A Providence Rd., Brooklyn, (860) 779-9699 (newoceanbrooklynct.com). Open daily. L (Mon.-Sat.) D, $, WA

Thai Basil • ***Thai/Japanese*** Favorite dishes include Drunken Noodles, General Thai chicken, Thai Basil Farm and pad Thai, as well as Japanese hibachi steak and seafood dishes. • 187 North St., Danielson, (860) 774-1986 (thaibasilct.com). Open daily. L D, $, WA

Tony's Pizza • ***Pizza*** With more than 30 years in business, Despina Loukas knows how to make pizzas. Customer favorites include crispy pepperoni and taco. • 117 Main St., Willimantic, (860) 423-7717 (tonyspizzaplace.com). Open daily. L D LS, $, WA

The Vanilla Bean Café • ***American*** A restaurant known for its homemade soups, award-winning chili, vegetarian dishes and desserts. • Rtes. 44, 169 & 97, Pomfret, (860) 928-1562 (thevanillabeancafe.com). Open daily. B L D (Wed.-Sun.), $$, E, WA

Willimantic Brewing Co./Main Street Café • ***Brew Pub*** In a historic U.S. Post Office building, beers are brewed in full view of diners. Try the ale-steamed mussels. • 967 Main St., Willimantic, (860) 423-6777 (willibrew.com). Open daily. L (Tues.-Sun.) D, $$, WA

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What's On! 04.2015

CONNECTICUT PUBLIC BROADCASTING NETWORK

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Last Days in Vietnam: American Experience

The Academy Award®-Nominated Documentary Comes to CPTV
Tuesday, April 28 at 9 p.m.

During the chaotic final days of the Vietnam War, as the North Vietnamese Army closed in on Saigon, a number of Americans engaged in unsanctioned operations in an effort to save as many South Vietnamese as possible. Now, the stories of their heroic efforts are told.

Only On cptv

www.cptv.org

AMERICAN EXPERIENCE

PRESIDENT'S MESSAGE

Can you have too much of a good thing? At CPTV, we don't think so. Case in point: Each year, PBS commissions research to measure its performance and value as judged by the American people. As part of this research, a nationwide survey recently confirmed that PBS and its member stations are rated number one in trust among nationally known institutions, and are considered an "excellent" use of tax dollars by the American public. That's wonderful news, but what's even better is that this marks the 12th year in a row that this survey resulted in these findings!

The national poll, conducted in January 2015 by the independent, nonpartisan research firm ORC International, also showed that PBS Kids is considered the safest place for children to watch television, the safest digital media destination and the top provider of content that helps children learn reading, math and essential skills. CPTV, which regards education as a vital part of its mission, airs over 11 hours of PBS Kids programming every weekday and includes special kids features and links to PBS Kids resources at CPTV.org.

We are thrilled with this year's survey results, especially the fact that people have voted us and our fellow PBS stations their most trusted institution — not just this year, but for 12 consecutive years. Nothing is more important to us than the public's trust, so we feel honored to have it, and we pledge to continue to work to earn that trust well into the future. More information on the survey is available at CPTV.org.

In other good news, CPTV and WNPR have some great things in store in the coming months. For instance, we are pleased to be continuing our Made in Connecticut initiative into its second year, and this year we will take a look back at Pratt & Whitney as they celebrate their 90th anniversary. Made in Connecticut is important to us because it allows us to share stories of local manufacturing and innovation. For more information about the Made in Connecticut initiative — made possible by CPBN's Founding Sponsor, KBE Building Corporation, with additional funding from the Connecticut Business & Industry Association (CBIA) — see page 165 of this issue.

Of course, none of this would be possible without the support of our members. Thank you to each and every one of you!

Jerry Franklin
President and CEO, Connecticut Public Broadcasting Network

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Highlights | April 2015

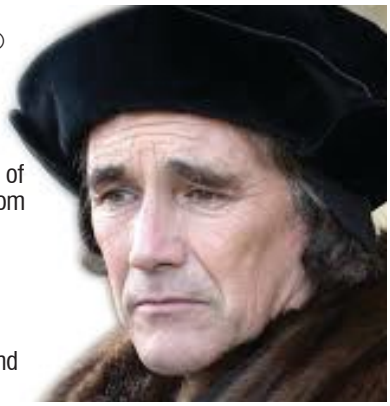
Father Brown, Season 3
Thursdays at 8:30 p.m.
Beginning April 2 on CPTV

Based on the stories by G.K. Chesterton, *Father Brown* follows the adventures of a kindly priest with excellent detective skills who solves crimes in the fictional English village of Kembleford. Now, Mark Williams returns to the title role for a whole new season of mysteries coming to CPTV Thursdays starting April 2!

Death in Paradise, Season 4
Thursdays at 9:30 p.m.
Beginning April 9 on CPTV

Return to the island of Saint-Marie as CPTV airs a new season of *Death in Paradise* mysteries. Watch as DI Humphrey Goodman and the team investigate a murder that takes place during a séance, the drowning of a bride-to-be and other puzzling cases.

Wolf Hall on Masterpiece
Sundays at 10 p.m. Beginning April 5 on CPTV



Internationally acclaimed actor Mark Rylance and Emmy Award® winner Damian Lewis (*Homeland*) star as Thomas Cromwell and King Henry VIII in this adaptation of Hilary Mantel's award-winning novels that chart the meteoric rise of Cromwell in the Tudor court — from blacksmith's son to Henry VIII's closest advisor. Full of drama and intrigue, *Wolf Hall* also features Jessica Raine (*Call the Midwife*) and Claire Foy (*Masterpiece*'s "Little Dorrit") as Jane Rochford and Anne Boleyn, respectively.

Henry and Anne: The Lovers Who Changed History
Mondays, April 6 and 13 at 10 p.m., Encoring Sundays, April 12 and 19 at 11 p.m., on CPTV

Historian Dr. Suzannah Lipscomb traces the tumultuous relationship between Henry VIII and Anne Boleyn to determine what brought the couple together and what tore them apart. Utilizing historical first-hand accounts, dramatic reenactments and footage from the places Henry and Anne lived and stayed, this two-part series argues against many of the established theories about Henry and Anne, telling a very different story of their tragic marriage.

Twice Born — Stories From the Special Delivery Unit
Tuesdays, April 7 and 14 at 8 p.m. on CPTV

Catch the final two episodes of the three-part series that showcases amazing and groundbreaking fetal surgeries. In Part 2, get an up-close look at a surgical procedure performed on a baby in the womb. Then, in Part 3, follow a couple seeking help for their unborn child, who has developed a urinary tract obstruction.

The Doctor Blake Mysteries
Tuesdays at 9 p.m. Beginning April 7 on CPTV4U

Dr. Lucien Blake left the city of Ballarat as a young man. Now he finds himself returning to take over not only his dead father's medical practice, but also his on-call role as the town's police surgeon in this Australian drama-mystery series set in the 1950s.

A Place to Call Home
Tuesdays at 10 p.m. Beginning April 7 on CPTV4U

This Australian drama series set after World War II follows Sarah Adams, a woman with a mysterious past, as she returns home to start a new life after spending 20 years abroad. However, she finds herself clashing with wealthy matriarch Elizabeth Bligh.

NEWS REPORTS IN THE A.M.
Tune in to WNPR weekdays at 7:06, 7:33, 8:04, 8:33 and 9:04 a.m. for Connecticut news you need to start your day.

Daily news reports on **WNPR** during *Morning Edition* delve deeper than the headlines, providing in-depth coverage of news topics that matter most in Connecticut.

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HORIZONS

LAST DAY

Airing in conjunction with the 40th anniversary of the fall of Saigon, *Last Days in Vietnam*, the Academy Award®-nominated film from Rory Kennedy, comes to CPTV as part of the *American Experience* series on Tuesday, April 28 at 9 p.m. An encore broadcast airs on CPTV4U on Thursday, April 30 at 8 p.m.

April 1975. During the chaotic final days of the Vietnam War, as the North Vietnamese Army closed in on Saigon, South Vietnamese resistance crumbled.

City after city and village after village fell to the North while the few U.S. diplomats and military operatives still in the country contemplated withdrawal.

The Americans grew increasingly concerned for the safety of their South Vietnamese allies, co-workers and friends. With the city under fire, American officers on the ground faced a moral dilemma: whether to follow official policy and evacuate U.S. citizens and their dependents only, or to save the Vietnamese people they had come to value and love.

At the risk of their careers and possible courts-martial, a handful of individuals took matters into their own hands. Engaging in unsanctioned and often makeshift operations, they waged a desperate effort to evacuate as many South Vietnamese as possible. *Last Days in Vietnam* explores their incredible stories.

This film anchors a week of programs related to the Vietnam War, and will be preceded on April 28 at 8 p.m. by *The Day the 60s Died*. This documentary explores the nation's upheaval when four students were shot dead at an anti-war protest at Kent State in 1970. It also airs on Wednesday, April 29 at 9 p.m. on CPTV4U.

At 11 p.m. on April 28, following the premiere of *Last Days in Vietnam*, CPTV airs *Lost Child: Sayon's Journey*. Former Cambodian child soldier Sayon Soeun was witness to unspeakable atrocities before he was adopted and brought to America, where he grew up in Middletown, Connecticut. This award-winning documentary tells his story of recovery and redemption.

S IN VIETNAM

Additionally, *The Draft,* which looks into the history of the selective service system in America, comes to CPTV on Monday, April 27 at 9 p.m. and CPTV4U on Wednesday, April 29 at 10 p.m.

Dick Cavett's Vietnam provides a look back at conversations the talk show host had about the war with a range of high-profile public figures. This special airs on Monday, April 27 at 10 p.m. on CPTV and Thursday, April 30 at 10 p.m. on CPTV4U.

Along with these new programs, CPTV airs an encore of *My Lai: American Experience* on Tuesday, April 21 at 9 p.m. Vietnamese survivors and U.S. soldiers discuss the horrific My Lai Massacre of 1968.

You're Invited to a Special Screening of *Last Days in Vietnam*

Before the April 28 premiere of *Last Days in Vietnam*, CPTV, in partnership with the Veterans History Project, will host a preview screening of the film.

WHEN: Monday, April 13, 2015, with a reception at 5:30 p.m., followed by the film screening and a panel discussion

WHERE: Davidson Hall at Central Connecticut State University in New Britain

This event is free to attend, but registration is required. Register at CPTV.org/last-days-in-vietnam, or call CPTV Audience Care at 860.275.7550.

cptv

VETERANS HISTORY PROJECT

EXCLUSIVE CORPORATE FUNDING FOR *AMERICAN EXPERIENCE* IS PROVIDED BY LIBERTY MUTUAL INSURANCE. MAJOR FUNDING PROVIDED BY THE ALFRED P. SLOAN FOUNDATION. ADDITIONAL FUNDING FOR *LAST DAYS IN VIETNAM* PROVIDED BY THE ARTHUR VINING DAVIS FOUNDATIONS, DEDICATED TO STRENGTHENING AMERICA'S FUTURE THROUGH EDUCATION, THE DOCUMENTARY INVESTMENT GROUP, GRETCHEN STONE COOK CHARITABLE FOUNDATION, ROXANNE E. & MICHAEL J. ZAK; AND BY THE CORPORATION FOR PUBLIC BROADCASTING AND PUBLIC TELEVISION VIEWERS. *AMERICAN EXPERIENCE* IS PRODUCED FOR PBS BY WGBH BOSTON.

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Prime Time | April 1-6

- CPTV Original, CPTV National Production or Presentation or CPTV Co-production indicated in blue font.
- Program or episode premiere indicated by a (P). Live broadcast indicated by a (L).
- Asterisk indicates that show begins prior to 8 p.m.; two asterisks indicate that show ends after 12 a.m. Visit CPTV.org/schedule for exact start and end times.
- CPTV Sports schedule subject to change due to game cancellations and durations.

WED | 1	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	NOVA - Alien Planets Revealed Learn how NASA's Kepler telescope identifies new planets.		Cancer: The Emperor of All Maladies (Part 3 of 3) (P) Scientists are now excited by the prospect of harnessing the human immune system to defeat cancer.				Kids Rock Cancer (P)	Cool Spaces - Healing Spaces** (P)
CPTV4U	Antiques Roadshow - Birmingham, Ala., Part 1		Michael Wood's Story of England - Romans to Normans		Michael Wood's Story of England - Peasants' Revolt & Black Death		Charlie Rose	
CPTV Sports	CIAC HS Basketball Championship Game 8* (Start: 7:30 p.m.)			CIAC HS Basketball Championship Game 2				Lady in Black**
THU | 2	**8:00**	**8:30**	**9:00**	**9:30**	**10:00**	**10:30**	**11:00**	**11:30**
CPTV	All Things Connecticut	Father Brown - The Man in the Shadows (P) (See page 155)		Death in Paradise - Rue Morgue An apparent suicide at a retirement home becomes a murder hunt.		Midsomer Murders - Garden of Death (Part 2 of 2) A death in a memorial garden reveals scandal.		This Old House
CPTV4U	The Civil War - Parts 6 & 7: Valley of the Shadow of Death/Most Hallowed Ground* (Start: 7 p.m.)			The Civil War - Parts 8 & 9: War Is All Hell/The Better Angels of Our Nature				
CPTV Sports	CIAC HS Track and Field Open Championships* (Start: 7:30 p.m.)					Breaking Through the Clouds: The First Women's National Air Derby (P)		
FRI | 3	**8:00**	**8:30**	**9:00**	**9:30**	**10:00**	**10:30**	**11:00**	**11:30**
CPTV	Midsomer Murders - Destroying Angel (Part 1 of 2) (P) Fatal accidents befall a hotel's new owners.		Quirke (Part 2 of 3) (P) Quirke investigates the apparent suicides of two people: a well-to-do society woman and the wife of one of his former students.			Scott & Bailey - Things We Do for Love A businessman is suspected of murdering a tramp.		Bluegrass Underground
CPTV4U	Life on Fire - Icelandic Volcanoes		Life on Fire - Volcano Doctors		Life on Fire - The Surprise Salmon		Charlie Rose	
CPTV Sports	CIAC HS Cheerleading Finals* (Start: 6:30 p.m.)		Movie Classics - Barabbas (P) The biblical thief (Anthony Quinn) turns gladiator and seeks salvation after being pardoned in place of Christ.					Beyond the Beat
SAT | 4	**8:00**	**8:30**	**9:00**	**9:30**	**10:00**	**10:30**	**11:00**	**11:30**
CPTV	Movie Classics - Barabbas (See CPTV Sports, April 3 at 9 p.m.)					Great Performances - National Theatre: 50 Years on Stage** (P) A star-studded night of performance honors the 50th anniversary of the National Theatre.		
CPTV4U	Foyle's War - Bleak Midwinter (Part 1 of 2)		Foyle's War - Bleak Midwinter (Part 2 of 2)		Quirke (Part 2 of 3) (See CPTV, April 3 at 9 p.m.)			Death in Paradise**
CPTV Sports	One Night in March	John Wooden: Indiana Years	CIAC HS Track and Field Open Championships					
SUN | 5	**8:00**	**8:30**	**9:00**	**9:30**	**10:00**	**10:30**	**11:00**	**11:30**
CPTV	Call the Midwife, Season 4 (Part 2 of 8) (P) Nurse Phyllis Crane is not going to fit in easily.		Masterpiece Classic - Mr. Selfridge, Season 3 (Part 2 of 8) (P) Harry attends a fateful auction.		Wolf Hall on Masterpiece (Part 1 of 6) (P) (See page 155)		Secrets of the Tower of London (Start: 11:10 p.m.) Go behind the formidable fortress' ancient walls.	
CPTV4U	Live From the Artists Den - Ed Sheeran		Austin City Limits - Ed Sheeran/ Valerie June		Front and Center - Hunter Hayes (P)		Front and Center - Dierks Bentley	
CPTV Sports	CIAC HS Basketball Championships Marathon* (Start: 10 a.m.)							
MON | 6	**8:00**	**8:30**	**9:00**	**9:30**	**10:00**	**10:30**	**11:00**	**11:30**
CPTV	Antiques Roadshow - Birmingham, Ala., Part 2 (P) Letters from a young Bill Clinton are appraised.		Antiques Roadshow - Billings, Mo., Part 3 Finds include a 1843 artillery sword and belt.		Henry and Anne: The Lovers Who Changed History (Part 1 of 2) (P) (See page 155)		Michael Wood's Story of England - Romans to Normans	
CPTV4U	Nature - Attenborough's Life Stories: Life on Camera		Nature - Attenborough's Life Stories: Understanding the...		Nature - Attenborough's Life Stories: Our Fragile Planet		Charlie Rose	
CPTV Sports	CIAC Boys HS Ice Hockey Div. 1 Championship* (Start: 7:30 p.m.)		CIAC HS Basketball Championship Game 6				Broadway or Bust (Part 1 of 3)	

Prime Time | April 7-12

TUE|7	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Twice Born - Stories From the Special Delivery Unit (Part 2 of 3) (See page 155)		Inside the Court of Henry VIII The danger and intrigue associated with Henry VIII is explored.		Raw to Ready - Mack Truck Learn why the Mack Pinnacle is a unique engineering achievement.		Frontline - The Trouble with Chicken The spread of pathogens in poultry is examined.	
CPTV4U	Mr. & Mrs. Murder - Little Boxes		The Dr. Blake Mysteries - Still Waters (See page 155)		A Place to Call Home - The Prodigal Daughter (See page 155)		Charlie Rose	
CPTV Sports	CIAC Boys HS Ice Hockey Div. 2 Championship* (Start: 7:30 p.m.)		CIAC HS Basketball Championship Game 7				Broadway or Bust (Part 2 of 3)	

WED|8	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Nature - Animal Homes: The Nest Learn about bird nests of all shapes and sizes.		NOVA - The Emperor's Ghost Army The clay warriors of China's first emperor are researched.		Nazi Mega Weapons - Hitler's Megaships Hitler had two powerful battleships constructed.		Weapons of WWII - Tanks	Weapons of WWII - Midget Submarines
CPTV4U	Antiques Roadshow - Birmingham... (See CPTV, April 6 at 8 p.m.)		Michael Wood's Story of England - The Seeds of Reform		Michael Wood's Story of England - The Birth of Modern England		Charlie Rose	
CPTV Sports	CIAC Boys HS Ice Hockey Div. 3 Championship* (Start: 7:30 p.m.)		CIAC HS Basketball Championship Game 8				Broadway or Bust (Part 3 of 3)	

THU|9	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	All Things Connecticut	Father Brown - The Curse of Amenhotep (See page 155)		Death in Paradise - Stab in the Dark (See page 155)		Midsomer Murders - Destroying Angel (Part 1 of 2) (See CPTV, April 3 at 8 p.m.)		This Old House
CPTV4U	Story of the Jews with Simon Schama - The Beginning		Story of the Jews with Simon Schama - Among Believers		Story of the Jews with Simon Schama - A Leap of Faith		Charlie Rose	
CPTV Sports	Jim Thorpe: The World's Greatest Athlete		CIAC HS Basketball Championship Game 1				The Legend of Pancho Barnes	

FRI|10	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Midsomer Murders - Destroying Angel (Part 2 of 2) (See CPTV, April 3 at 8 p.m.)		Quirke (Part 3 of 3) Quirke, eager to reconnect with his daughter and keep his demons at bay, investigates the disappearance of his daughter's friend.			Scott & Bailey - Thin Ice A man whose double life left him vulnerable to exploitation is murdered.		Bluegrass Underground
CPTV4U	Life on Fire - Phoenix Temple		Life on Fire - Ash Runners		Life on Fire - Pioneers of the Deep		Charlie Rose	
CPTV Sports	Breaking and Entering		Movie Classics - Gone With the Wind** A fiery Southern belle (Vivien Leigh) struggles to return her family's estate to magnificence after the Civil War.					

SAT|11	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Viewers' Favorites* (Start: 7:30 p.m.) CPTV airs special presentations of some of its most popular music specials, how-to programs and more.			Movie Classics - Black Narcissus In this 1947 film, Anglican nuns attempt to maintain a convent school and hospital in the Himalayas.				Antiques Roadshow - Birmingham...**
CPTV4U	Foyle's War - Casualties of War (Part 1 of 2)		Foyle's War - Casualties of War (Part 2 of 2)		Quirke (Part 3 of 3) (See CPTV, April 10 at 9 p.m.)			Death in Paradise**
CPTV Sports	HS Baseball: Newtown/Staples				Little League: A History		Jim Thorpe: The World's Greatest Athlete	

SUN|12	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Call the Midwife, Season 4 (Part 3 of 8) A mother's husband is arrested for gross indecency.		Masterpiece Classic - Mr. Selfridge, Season 3 (Part 3 of 8) Agnes and Henri call it quits.		Wolf Hall on Masterpiece (Part 2 of 6) (See page 155)		Henry and Anne: The Lovers Who Changed History (Part 1 of 2) (See page 155)	
CPTV4U	Gloria Estefan: The Standards		Austin City Limits - Juanes/ Jesse & Joy		Front and Center - Bob DiPiero Featuring Brandy Clark		Front and Center - The Fray	
CPTV Sports	1955 World Series: 7 Days of Fall		Little League: A History		Jim Thorpe: The World's Greatest Athlete		Breaking and Entering	

For a list of cable channels on which CPTV, CPTV4U and CPTV Sports can be found, visit CPTV.org/cable-channels, or call CPTV Audience Care at 860.275.7550.

Prime Time | April 13-18

MON | 13	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Antiques Roadshow - Birmingham, Ala., Part 3 (P) A first edition of *To Kill a Mockingbird* is appraised.		Antiques Roadshow - Biloxi, Miss., Part 1 Items featured include a Walter Anderson linocut.		Henry and Anne: The Lovers Who Changed History (Part 2 of 2) (P) (See page 155)		Michael Wood's Story of England - Peasants' Revolt & Black Death	
CPTV4U	Nature - Bears of the Last Frontier: City of Bears		Nature - Bears of the Last Frontier: The Road North		Nature - Bears of the Last Frontier: Arctic Wanderers		Charlie Rose	
CPTV Sports	Dreams Go By	Little League: A History		Sugar vs. Fat (P)		The Parents' Survival Guide: Childhood Obesity		Second Opinion

TUE | 14	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Twice Born - Stories From the Special Delivery Unit (Part 3 of 3) (P) (See page 155)		Escape From a Nazi Death Camp Learn about the prisoner escape from the Sobibor death camp.		Raw to Ready - Bombardier Learn how the durable, fuel-efficient Bombardier CRJ-1000 is made.		Frontline - Memory of the Camps This film from 1945 shows the atrocities of the Nazi death camps.	
CPTV4U	Mr. & Mrs. Murder - Keeping Up Appearances		The Dr. Blake Mysteries - The Greater Good (P) (See page 155)		A Place to Call Home - The Welcome Mat (P) (See page 155)		Charlie Rose	
CPTV Sports	HS Baseball: Wamogo/Northwestern* (P) (Start: 7:30 p.m.)			Little League: A History		Dreams Go By	1955 World Series: 7 Days of Fall	

WED | 15	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Nature - Animal Homes: Location, Location, Location (P) Learn about animal "building plans."		NOVA - The Great Math Mystery (P) This new *NOVA* explores how math works in the human brain.		Kamikaze (P) Experts explore how kamikaze weapons were built and launched on Japan's coast.		Weapons of WWII - Gliders	Weapons of WWII - Aircraft Carriers
CPTV4U	Antiques Roadshow - Birmingham... (See CPTV, April 13 at 8 p.m.)		Battle of Britain: The Real Story		The Blitz: London's Longest Night			Charlie Rose**
CPTV Sports	Girls HS Lacrosse: Cheshire/ Conard* (P) (Start: 7:30 p.m.)		HS Baseball: Newtown/Staples				AfroPop - The Boys of Summer**	

THU | 16	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	All Things Connecticut	Father Brown - The Invisible Man (P) (See page 155)		Death in Paradise - Hidden Secrets (P) (See page 155)		Midsomer Murders - Destroying Angel (Part 2 of 2) (See CPTV, April 3 at 8 p.m.)		This Old House
CPTV4U	Story of the Jews with Simon Schama - Over the Rainbow		Story of the Jews with Simon Schama - Return		American Masters - Jascha Heifetz: God's Fiddler (P)		Charlie Rose	
CPTV Sports	Independent Lens - Bully* (Start: 7:30 p.m.)		HS Baseball: Wamogo/Northwestern				Sugar vs. Fat	

FRI | 17	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Midsomer Murders - Electric Vendetta (Part 1 of 2) (P) A body is found in a mysterious crop circle.		Masterpiece Mystery! - Case Histories (Part 1 of 3) Jackson Brodie, a tough former soldier and policeman, comes to the rescue of the bereaved, the lost and the dysfunctional in the Scottish city of Edinburgh.				Scott & Bailey - Cradle Helen Bartlett reveals that her long-lost brother is buried in a cellar.	
CPTV4U	NOVA - The Emperor's Ghost Army (See CPTV, April 8 at 9 p.m.)		Kamikaze (See CPTV, April 15 at 10 p.m.)		Secrets of the Dead - China's Terracotta Warriors		Charlie Rose	
CPTV Sports	Boys HS Lacrosse: New Fairfield/ Joel Barlow* (P) (Start: 7:30 p.m.)		Movie Classics - Black Narcissus (See CPTV, April 11 at 9:30 p.m.)				Breaking Through the Clouds: The First Women's National...**	

SAT | 18	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Viewers' Favorites* (Start: 7:30 p.m.) CPTV presents popular shows designed to entertain and educate audiences of all ages.			Movie Classics - Victor, Victoria (P) A Chicago mobster (James Garner) falls for a female impersonator (Julie Andrews), who is actually a woman, in 1930s Paris.				
CPTV4U	Masterpiece Mystery! - Foyle's War: The Eternity Ring			Masterpiece Mystery! - Case Histories (Part 1 of 3) (See CPTV, April 17 at 9 p.m.)				Death in Paradise**
CPTV Sports	HS Baseball: Newtown/Staples* (Start: 7:30 p.m.)			HS Baseball: Wamogo/Northwestern				Dreams Go By

For a list of cable channels on which CPTV, CPTV4U and CPTV Sports can be found, visit CPTV.org/cable-channels, or call CPTV Audience Care at 860.275.7550.

Prime Time | April 19-24

SUN | 19	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Call the Midwife, Season 4 (Part 4 of 8) (P) Sister Winifred helps an expectant prostitute.		Masterpiece Classic - Mr. Selfridge, Season 3 (Part 4 of 8) (P) Locksley makes a surprising move.		Wolf Hall on Masterpiece (Part 3 of 6) (P) (See page 155)		Henry and Anne: The Lovers Who Changed History (Part 2 of 2) (See page 155)	
CPTV4U	Great Performances - Mark Morris Dance Group...* (Start: 7 p.m.)		Austin City Limits - The Shins/ Dr. Dog		Front and Center - Sara Evans and Martina McBride (P)		Front and Center - Keith Urban	
CPTV Sports	Sacred Stick		Girls HS Lacrosse: Cheshire/Conard			Driven to Ride	Liquid Stage: The Lure of Surfing	

MON | 20	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Antiques Roadshow - Santa Clara, Ca., Part 1 (P) A Keane "Big Eye" painting is appraised.		Antiques Roadshow - Biloxi, Miss., Part 2 Items include a 1943 National League signed baseball.		Michael Wood's Story of England - The Seeds of Reform		Michael Wood's Story of England - The Birth of Modern England	
CPTV4U	Nature - The Animal House		Nature - Jungle Eagle		NOVA - Incredible Journey of the Butterflies		Charlie Rose	
CPTV Sports	Double-A Minor League Baseball: New Britain Rock Cats/Portland Sea Dogs* (L) (Start: 6:30 p.m.)			Boys HS Lacrosse: New Fairfield/Joel Barlow			Sacred Stick	

TUE | 21	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	The National Mall: America's Front Yard (P) The National Mall in Washington, D.C., is explored.		My Lai: American Experience (See pages 156-7)		Armenian Genocide Over a million Armenians were killed by Ottoman Turks during World War I.		Frontline - American Terrorist** (P) An American who helped plan a Mumbai terrorist attack is profiled.	
CPTV4U	Mr. & Mrs. Murder - Zootopia		The Dr. Blake Mysteries - Death of a Traveling... (P) (See page 155)		A Place to Call Home - Truth Will Out (P) (See page 155)		Charlie Rose	
CPTV Sports	Girls HS Lacrosse: Cheshire/ Conard* (Start: 7:30 p.m.)		HS Baseball: Newtown/Staples				Golf's Grand Design	

WED | 22	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Nature - Animal Homes: Animal Cities (P) Learn about animals that live in large colonies.		NOVA - Invisible Universe Revealed (P) The Hubble Space Telescope is examined.		Nazi Mega Weapons - The Siegfried Line (P) The story of the mighty fortification system is told.		Weapons of WWII - Fighter Bombers	Weapons of WWII - Heavy Bombers
CPTV4U	Antiques Roadshow - Santa... (See CPTV, April 20 at 8 p.m.)		The National Mall: America's... (See CPTV, April 21 at 8 p.m.)		Mount Rushmore: American Experience		Charlie Rose	
CPTV Sports	HS Softball: N. Branford/E. Haven* (P) (Start: 7:30 p.m.)			Breaking Through the Clouds: The First Women's National Air Derby			Rosenblatt: The Final Inning	

THU | 23	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	All Things Connecticut	Father Brown - The Sign of the Broken Sword (P) (See page 155)		Death in Paradise - Damned If You Do (P) (See page 155)		Midsomer Murders - Electric Vendetta (Part 1 of 2) (See CPTV, April 17 at 8 p.m.)		This Old House
CPTV4U	Marion's Triumph: Surviving History's Nightmare		Escape From a Nazi Death Camp (See CPTV, April 14 at 9 p.m.)		Frontline - Memory of the Camps (See CPTV, April 14 at 11 p.m.)		Charlie Rose	
CPTV Sports	Signs of the Time		Double-A Minor League Baseball: New Britain Rock Cats/Portland Sea Dogs					

FRI | 24	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Midsomer Murders - Electric Vendetta (Part 2 of 2) (P) (See CPTV, April 17 at 8 p.m.)		Masterpiece Mystery! - Case Histories (Part 2 of 3) (See CPTV, April 17 at 9 p.m.)				Scott & Bailey - Witness The mystery surrounding skeletons found in a cellar unravels.	
CPTV4U	NOVA - Invisible Universe... (See CPTV, April 22 at 9 p.m.)		NOVA - Alien Planets Revealed (See CPTV, April 1 at 8 p.m.)		Comet Encounter		Charlie Rose	
CPTV Sports	HS Softball: N. Branford/E. Haven* (Start: 7 p.m.)		Movie Classics - Victor, Victoria (See CPTV, April 18 at 9:30 p.m.)					GameTime

For a list of cable channels on which CPTV, CPTV4U and CPTV Sports can be found, visit CPTV.org/cable-channels, or call CPTV Audience Care at 860.275.7550.

Prime Time | April 25-30

SAT|25	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Movie Classics - Gone With the Wind* (Start: 7:30 p.m.; See CPTV Sports, April 10 at 9 p.m.)							Antiques Roadshow - Santa Clara...**
CPTV4U	Masterpiece Mystery! - Foyle's War: The Cage			Masterpiece Mystery! - Case Histories (Part 2 of 3) (See CPTV, April 17 at 9 p.m.)				Death in Paradise**
CPTV Sports	Double-A Minor League Baseball: New Britain Rock Cats/Portland Sea Dogs* (Start: 7:30 p.m.)					1955 World Series: 7 Days of Fall		Roadtrip Nation

SUN|26	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Call the Midwife, Season 4 (Part 5 of 8) (P) Two Christian Scientists refuse medicine for their baby.		Masterpiece Classic - Mr. Selfridge, Season 3 (Part 5 of 8) (P) Kitty confronts her attackers.		Wolf Hall on Masterpiece (Part 4 of 6) (P) (See page 155)		Secrets of Chatsworth The distinguished history of Chatsworth Estate is explored.	
CPTV4U	Woodsongs - Big Bad Voodoo Daddy		Austin City Limits - Jack White		Front and Center - Little Big Town (P)		Front and Center - Lady Antebellum	
CPTV Sports	Sharks: The Big Five		Silver King: The Birth of Big Game Fishing		Breaking Through the Clouds: The First Women's National Air Derby			The Legend of Pancho...**

MON|27	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Antiques Roadshow - Santa Clara, Ca., Part 2 (P) Finds include a Ray Bradbury archive.		The Draft (P) (See pages 156-7)		Dick Cavett's Vietnam (P) (See pages 156-7)		Eye on the 60s: The Iconic Photography of Rowland Scherman**	
CPTV4U	Nature - Animal Homes: The Nest (See CPTV, April 8 at 8 p.m.)		Nature - Animal Homes: Location... (See CPTV, April 15 at 8 p.m.)		Nature - Animal Homes: Animal Cities (See CPTV, April 22 at 8 p.m.)		Charlie Rose	
CPTV Sports	Boys HS Volleyball: Glastonbury/Xavier* (P) (Start: 7:30 p.m.)			HS Softball: N. Branford/E. Haven				Dreams Go By

TUE|28	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	The Day the 60s Died (P) (See pages 156-7)		Last Days in Vietnam: American Experience (P) (See pages 156-7)				Lost Child: Sayon's Journey (P) (See pages 156-7)	
CPTV4U	Mr. & Mrs. Murder - The Course Whisperer		The Dr. Blake Mysteries - Brotherly Love (P) (See page 155)		A Place to Call Home - The Mona Lisa Smile (P) (See page 155)		Charlie Rose	
CPTV Sports	HS Softball: Southington/Maloney* (P) (Start: 7:30 p.m.)			Boys HS Volleyball: Glastonbury/Xavier				Sharks: The Big Five**

WED|29	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Nature - Mystery Monkeys of Shangri-La (P) Meet a family of Yunnan snub-nosed monkeys.		NOVA - Dawn of Humanity (P) *NOVA* and *National Geographic* present exclusive access to an astounding discovery of ancient fossils of human ancestors.				Skeletons of the Sahara A prehistoric human burial ground is discovered in the Sahara.	
CPTV4U	Antiques Roadshow - Santa... (See CPTV, April 27 at 8 p.m.)		The Day the 60s Died (See pages 156-7)		The Draft (See pages 156-7)		Charlie Rose	
CPTV Sports	Boys HS Volleyball: Staples/Newington* (P) (Start: 7:30 p.m.)			Girls HS Lacrosse: Cheshire/Conard			Silver King: The Birth of Big Game Fishing	

THU|30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	All Things Connecticut	Father Brown - The Last Man (P) (See page 155)		Death in Paradise - Until Death Do You Part (P) (See page 155)		Midsomer Murders - Electric Vendetta (Part 2 of 2) (See CPTV, April 17 at 8 p.m.)		This Old House
CPTV4U	Last Days in Vietnam: American Experience (See pages 156-7)				Dick Cavett's Vietnam (See pages 156-7)		Charlie Rose	
CPTV Sports	Girls HS Lacrosse: Glastonbury/ New Canaan* (P) (Start: 7:30 p.m.)		HS Softball: Southington/Maloney				P.O.V. - Ping Pong	

For a list of cable channels on which CPTV, CPTV4U and CPTV Sports can be found, visit CPTV.org/cable-channels, or call CPTV Audience Care at 860.275.7550.

Dinosaur Train and *Wild Kratts* Celebrate Earth Day with New Episodes

Get ready for Earth Day — Wednesday, April 22 — with new eco-themed episodes of *Dinosaur Train* and *Wild Kratts*, airing as part of PBS Kids' "Explore the Outdoors" programming!

First, on Monday, April 20 and Tuesday, April 21 at 2:30 p.m., the Pteranodon family heads out on a fishing trip, learns how butterflies use camouflage, investigates bugs and plants trees in two new episodes of *Dinosaur Train*.

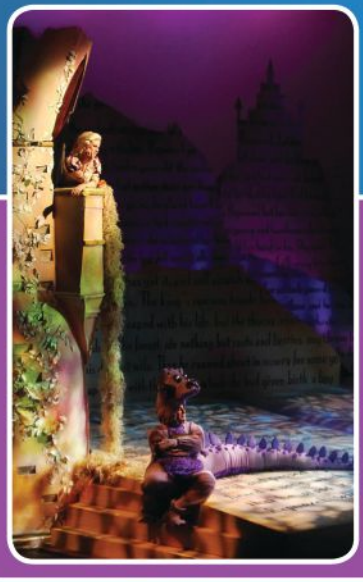
Then, on Wednesday, April 22, Thursday, April 23 and Friday, April 24 at 7:30 a.m. (and encoring at 5 p.m.), catch three new episodes of *Wild Kratts* as the Kratts learn about the amazing world of chameleons, referee a lemur stink fight and chase schooling fish!

For more information on "Explore the Outdoors" — including links to nature-themed online games and suggestions for family-friendly outdoor activities — visit CPTV.org/outdoors.

cptvKids

Monday Through Friday

6:30 AM	Arthur	12:30 PM	Thomas & Friends
7:00	Odd Squad	1:00	Daniel Tiger's Neighborhood
7:30	Wild Kratts	1:30	Caillou
8:00	Curious George	2:00	Super Why!
8:30	The Cat in the Hat	2:30	Dinosaur Train
9:00	Peg + Cat	3:00	Peg + Cat
9:30	Dinosaur Train	3:30	The Cat in the Hat
10:00	Sesame Street	4:00	Curious George
11:00	Daniel Tiger's Neighborhood	4:30	Odd Squad
11:30	Super Why!	5:00	Wild Kratts
Noon	Sid the Science Kid	5:30	Wild Kratts



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JORGENSEN CENTER FOR THE PERFORMING ARTS

Rapunzel! Rapunzel! A Very Hairy Tale

Sunday, May 3, 2015 at 2 p.m.

Fun For Kids of All Ages at UConn's Jorgensen Center for the Performing Arts in Storrs

This appealing pop-rock adaptation of *Rapunzel* is chock full of lighthearted hilarity... with gentle merriment for the kids, and inside jokes directed at theater and fairy tales for the grown-ups.

Tickets: http://jorgensen.uconn.edu or call 860-486-4226

Kids' Rapunzel Dress-Up Contest, 12-1:30 p.m.
Plus face painting for all and goodies from local vendors *(subject to change)*

RENEW YOUR SUPPORT TODAY & DOUBLE THE IMPACT OF YOUR GIFT!

Send your contribution today and accomplish TWO great things with one gift.

1. You'll be supporting the children's programs you count on year-round.

2. You'll help CPTV collect an additional $30,000 for children's programming.

The Derx Foundation of New Fairfield will match your contribution dollar for dollar. We must raise these dollars before June 30, 2015, so please send your renewal today!

The Robert G. & Marguerite M. Derx Foundation of New Fairfield supports health and educational initiatives to address the needs of children and youth in western Connecticut.

cptv
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CPTV's Daytime Weekend Schedules | 6:30 a.m.-8 p.m.

CPTV Original, CPTV National Production or Presentation or CPTV Co-production indicated in blue font.

Saturday Morning Lineup (6:30 a.m. - 12:30 p.m.)

6:30 a.m. Peep and the Big Wide World
7:00 a.m. Wild Kratts
7:30 a.m. Thomas & Friends
8:00 a.m. WordWorld
8:30 a.m. Biz Kid$
9:00 a.m. Everyday Edisons
9:30 a.m. Getting Away Together
10:00 a.m. Rick Steves' Europe
10:30 a.m. All Things Connecticut
11:00 a.m. Tales From the Palaces
11:30 a.m. This Old House Hour

Sunday Morning Lineup (6:30 a.m. - 12 p.m.)

6:30 a.m. Angelina Ballerina: The Next Steps
7:00 a.m. Curious George
7:30 a.m. The Cat in the Hat
8:00 a.m. Signing Time
8:30 a.m. Design Squad
9:00 a.m. Charlie Rose: The Week
9:30 a.m. Religion & Ethics Newsweekly
10:00 a.m. Washington Week
10:30 a.m. Start Up
11:00 a.m. Consuelo Mack WealthTrack
11:30 a.m. To the Contrary

SATURDAY, APRIL 4

12:30 p.m. Growing a Greener World
1:00 p.m. The Victory Garden's Edible Feast
1:30 p.m. Baking with Julia
2:00 p.m. America's Test Kitchen
2:30 p.m. Cook's Country Kitchen
3:00 p.m. Martha Stewart's Cooking School
3:30 p.m. Martha Bakes
4:00 p.m. Jacques Pepin: More Fast Food My Way
4:30 p.m. Simply Ming
5:00 p.m. Lidia's Kitchen
5:30 p.m. A Moveable Feast
6:00 p.m. Hometime
6:30 p.m. Ask This Old House
7:00 p.m. This Old House
7:30 p.m. Ask This Old House

SUNDAY, APRIL 5

12:00 p.m. McLaughlin Group
12:30 p.m. All Things Connecticut
1:00 p.m. Movie Classics - Barabbas
3:30 p.m. American Woodshop
4:00 p.m. Woodsmith Shop
4:30 p.m. Hometime
5:00 p.m. Ask This Old House
5:30 p.m. This Old House
6:00 p.m. Death in Paradise - Rue Morgue
7:00 p.m. Father Brown - The Man in the Shadows

SATURDAY, APRIL 11

12:30 p.m. Growing a Greener World
1:00 p.m. The Victory Garden's Edible Feast
1:30 p.m. Baking with Julia
2:00 p.m. America's Test Kitchen
2:30 p.m. Cook's Country Kitchen
3:00 p.m. Martha Stewart's Cooking School
3:30 p.m. Martha Bakes
4:00 p.m. Jacques Pepin: More Fast Food My Way
4:30 p.m. Simply Ming
5:00 p.m. Lidia's Kitchen
5:30 p.m. A Moveable Feast
6:00 p.m. Hometime
6:30 p.m. Ask This Old House
7:00 p.m. This Old House
7:30 p.m. Viewers' Favorites (until 9:30 p.m.)

SUNDAY, APRIL 12

12:00 p.m. McLaughlin Group
12:30 p.m. All Things Connecticut
1:00 p.m. Great Performances - Mark Morris Dance Group: L'Allegro
3:00 p.m. Movie Classics - Black Narcissus
5:00 p.m. Ask This Old House
5:30 p.m. This Old House
6:00 p.m. Death in Paradise - Stab in the Dark
7:00 p.m. Father Brown - The Curse of Amenhotep

SATURDAY, APRIL 18

12:30 p.m. Growing a Greener World
1:00 p.m. The Victory Garden's Edible Feast
1:30 p.m. Baking with Julia
2:00 p.m. America's Test Kitchen
2:30 p.m. Cook's Country Kitchen
3:00 p.m. Martha Stewart's Cooking School
3:30 p.m. Martha Bakes
4:00 p.m. Jacques Pepin: More Fast Food My Way
4:30 p.m. Simply Ming
5:00 p.m. Lidia's Kitchen
5:30 p.m. A Moveable Feast
6:00 p.m. Hometime
6:30 p.m. Ask This Old House
7:00 p.m. This Old House
7:30 p.m. Viewers' Favorites (until 9:30 p.m.)

SUNDAY, APRIL 19

12:00 p.m. McLaughlin Group
12:30 p.m. All Things Connecticut
1:00 p.m. Escape From a Nazi Death Camp
2:00 p.m. Movie Classics - Victor, Victoria
4:30 p.m. Hometime
5:00 p.m. Ask This Old House
5:30 p.m. This Old House
6:00 p.m. Death in Paradise - Hidden Secrets
7:00 p.m. Father Brown - The Invisible Man

SATURDAY, APRIL 25

12:30 p.m. Growing a Greener World
1:00 p.m. The Victory Garden's Edible Feast
1:30 p.m. Baking with Julia
2:00 p.m. America's Test Kitchen
2:30 p.m. Cook's Country Kitchen
3:00 p.m. Martha Stewart's Cooking School
3:30 p.m. Martha Bakes
4:00 p.m. Jacques Pepin: More Fast Food My Way
4:30 p.m. Simply Ming
5:00 p.m. Lidia's Kitchen
5:30 p.m. A Moveable Feast
6:00 p.m. Hometime
6:30 p.m. Ask This Old House
7:00 p.m. This Old House
7:30 p.m. Movie Classics - Gone With the Wind (until 11:30 p.m.)

SUNDAY, APRIL 26

12:00 p.m. McLaughlin Group
12:30 p.m. All Things Connecticut
1:00 p.m. Movie Classics - Gone With the Wind
5:00 p.m. Ask This Old House
5:30 p.m. This Old House
6:00 p.m. Death in Paradise - Damned If You Do
7:00 p.m. Father Brown - The Sign of the Broken Sword

Relive the Best Movie Moments with the *Movie Classics* Collection

The *Movie Classics* collection showcases the work of legendary actors and actresses in many important films from the history of cinema. Tune in this April for the following selections airing on CPTV and CPTV Sports:

Barabbas - Saturday, April 4 at 8 p.m. and Sunday, April 5 at 1 p.m. on **CPTV;** Friday, April 3 at 9 p.m. and Saturday, April 4 at 5 p.m. on **CPTV Sports**

Black Narcissus - Saturday, April 11 at 9:30 p.m. and Sunday, April 12 at 3 p.m. on **CPTV;** Friday, April 17 at 9 p.m. and Saturday, April 18 at 5 p.m. on **CPTV Sports**

Victor, Victoria - Saturday, April 18 at 9:30 p.m. and Sunday, April 19 at 2 p.m. on **CPTV;** Friday, April 24 at 9 p.m. and Saturday, April 25 at 5 p.m. on **CPTV Sports**

Gone With the Wind - Saturday, April 25 at 7:30 p.m. and Sunday, April 26 at 1 p.m. on **CPTV;** Friday, April 10 at 9 p.m. and Saturday, April 11 at 3 p.m. on **CPTV Sports**

CPBN | News & Initiatives

Jerry Franklin Drops the Puck at Hartford Wolf Pack's Salute to Heroes Night

Jerry Franklin, president and CEO of the Connecticut Public Broadcasting Network (CPBN), dropped the puck at the Hartford Wolf Pack's Salute to Heroes Night on Saturday, February 28 at the XL Center in Hartford.

This special game offered free admission to active-duty military personnel and veterans, and the Wolf Pack team members wore jerseys commemorating the 35th anniversary of the U.S.'s "Miracle on Ice" Olympic gold medal triumph. These jerseys were auctioned off to benefit the House of Heroes' Connecticut chapter. House of Heroes is an organization that provides no-cost home repair services to military and public service veterans and their families.

Attendees at the game included members of the Veterans Vocational Training Program (VVTP). Part of CPBN's Institute for Advanced Media, the VVTP is a private occupational training school that allows adult learners, including veterans and their spouses and caregivers, to receive training from industry experts and gain 21st-century digital workforce skills.

At the game, the Wolf Pack was defeated in overtime by the Wilkes-Barre/Scranton Penguins, who won 3-2.

CPBN's Made in Connecticut Initiative Now in Its Second Year

In 2014, the Connecticut Public Broadcasting Network announced the launch of Made in Connecticut, a multi-platform initiative designed to explore modern manufacturing and the role of innovation on companies that are located and thriving here in Connecticut. Now, in 2015, CPBN is pleased to announce that Year 2 of the initiative is underway, featuring even more special programs and reports highlighting local industry and American ingenuity.

Tune in throughout the year as the award-winning WNPR news team produces new special reports highlighting local industry, and CPTV airs a variety of television programs showcasing manufacturing and innovation. For example, on April 7 and 14 at 10 p.m., CPTV will feature episodes of the PBS series *Raw to Ready*, which explores the science, innovation and sheer genius it takes to transform the most basic ingredients into powerhouse machines! Plus, special Made in Connecticut vignettes will air on both CPTV and CPTV Sports throughout the year.

For more information on Made in Connecticut, visit MadeInCT.CPTV.org.

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WNPR Airs Special Reports From the Words to Give By Project

words to give by
stories of everyday generosity

Hartford Foundation FOR PUBLIC GIVING wnpr

Words to Give By, a partnership between the Hartford Foundation for Public Giving and WNPR, is a community-wide storytelling project created to find, record and share stories of everyday generosity.

In March, volunteers throughout the Greater Hartford region came forward to share their stories of acts of kindness, both large and small, that they had experienced in their lives. WNPR producers captured these moving stories — stories of neighbors helping neighbors, friends helping friends, and even strangers helping strangers.

Now, WNPR listeners can tune in to be inspired by these stories. Starting this April and running through December of 2015, stories collected by Words to Give By will air on WNPR. Listen Wednesdays at 3:04 p.m. beginning April 29 for a new story each week. In addition, a new story will become available weekly to stream online at WordsToGiveBy.org. Tune in – or log on – to learn about the important everyday acts of kindness that typically go unheard.

CELEBRATING JEWISH HERITAGE

Escape From a Nazi Death Camp

Airs on Tuesday, April 14 at 9 p.m.; Repeats Sunday, April 19 at 1 p.m.

On October 14, 1943, an event occurred that shook the Nazi party to its core. In east Poland, at the remote Nazi death camp of Sobibor, 300 Jewish prisoners staged a bloody escape. Airing during the week of Holocaust Remembrance Day (honored this year on April 16), *Escape From a Nazi Death Camp* travels back to Sobibor with the last remaining survivors to reveal their extraordinary story of courage, desperation and determination.

Space Shuttle Columbia: Mission of Hope

Airs on Sunday, May 24 at 1 p.m.; Repeats Wednesday, May 27 at 9 p.m.

From the depths of hell to the heights of space, this documentary tells the compelling, untold story of a crew member's determination to fulfill his "mission within a mission" aboard the space shuttle Columbia. Learn how and why a small Torah scroll that survived the Holocaust was entrusted to Israeli astronaut Ilan Ramon as he lifted into space on Columbia's ultimately ill-fated flight.

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Join CPTV Kids for Encyclopedia of Discovery

Including a Screening of Never-Before-Broadcast Shorts Featuring Sid the Science Kid, Plus the Opportunity to Participate in All the Scientific Fun

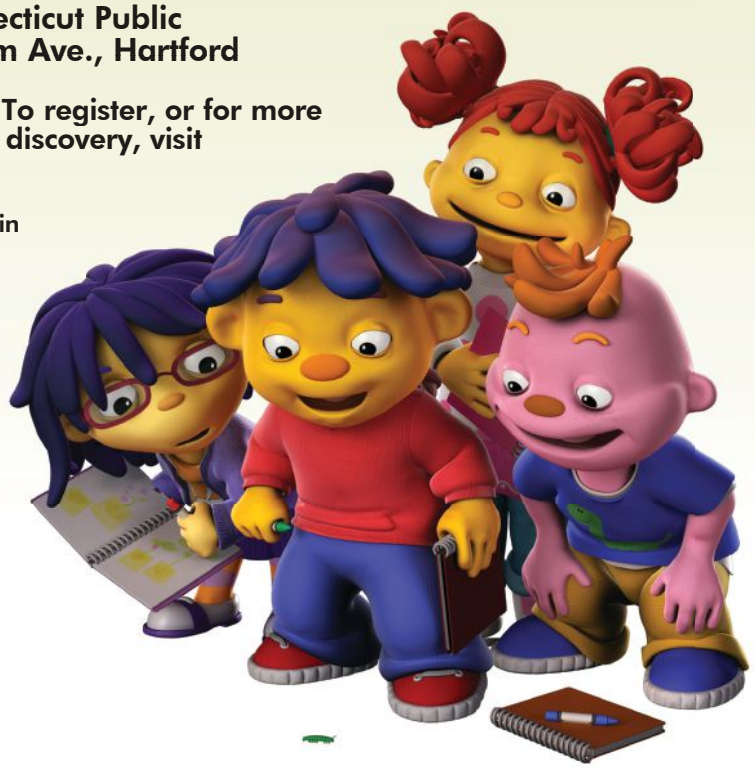
CPTV Kids will host a special screening of *Encyclopedia of Discovery*, a collection of *Sid the Science Kid* shorts that have never been seen on TV, at the Learning Lab at Connecticut Public Broadcasting Network in Hartford!

Watch Sid and his friends learn about concepts like magification, maps, recycling and estimation. Plus, the Connecticut Science Center's Family Science program will be there to help families of scientists get hands-on experiences of how science plays a role in our everyday lives!

WHEN: Thursday, April 2, 2015, 5-7 p.m.

WHERE: The Learning Lab at Connecticut Public Broadcasting Network, 1049 Asylum Ave., Hartford

This event is free, but registration is required. To register, or for more information about this evening of science and discovery, visit CPTV.org/category/events.



Funding for this Sid the Science Kid event was provided in part by NCircle Entertainment.
For more, please visit www.NCircleEntertainment.com.

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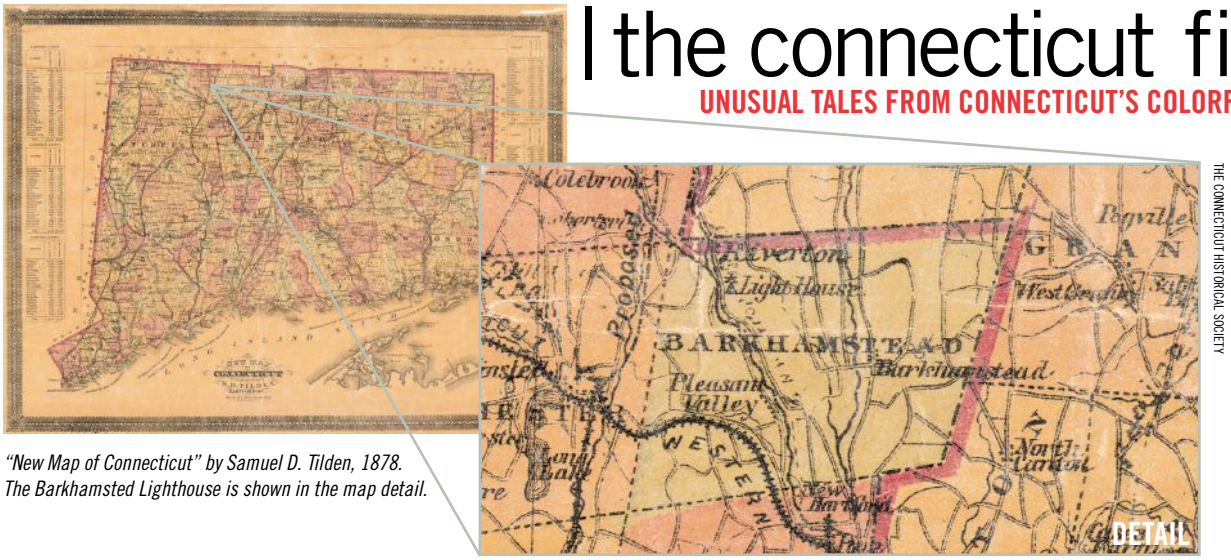

THE CONNECTICUT HISTORICAL SOCIETY

"New Map of Connecticut" by Samuel D. Tilden, 1878. The Barkhamsted Lighthouse is shown in the map detail.

The Barkhamsted Lighthouse Shines On

A SMALL COMMUNITY OF OUTCASTS IN THE WOODS SERVED AS A BEACON TO OTHERS.

Although Connecticut is known for its rocky coast and the plethora of venerable harbor lights that guide sailors to safety, it is one particular, little-known "lighthouse"—landlocked at the fringe of the Litchfield Hills—that has a history like no other. Unlike its coastal brethren, the Barkhamsted Lighthouse was not actually a tall, shining edifice, but a tiny settlement of outcasts.

The story starts around 1740, and as many do, really gets going when a young man meets a young woman. In this case, though, the young man was a Narragansett Indian by the name of James Chaugham, who arrived in Wethersfield to make a new start for himself. The woman he met is Molly Barber, a white colonist, which made for a relationship that was heavily frowned upon at the time.

Although there is some question as to whether Molly was genuinely from Wethersfield or not—the historical record doesn't list her as having been born there—the traditional telling goes that James, who trekked up the Connecticut River after possibly having escaped slavery or servitude in Rhode Island, met her there after taking work from her wealthy father, Peter Barber (of whom there is also no clear, documented evidence). After failing to connect with any of the numerous suitors deemed worthy by her father, Molly was said to have declared that she would marry the next man "whether white or any color" who asked for her hand . . . which turned out to be James. Echoing the plot of every forbidden romance from *Romeo and Juliet* to *Dirty Dancing*, Molly defied her father's wishes and ran off with her "bad" boy, minus the tragic suicides or anyone being put in a corner.

Or so the story goes. The reality of their mixed-race relationship was most likely much less melodramatic, but still damned by the convention of the time. The bottom line is that James and Molly ended up together, and eager to get away from disapproving stares (or authorities, if James was indeed a runaway slave), they left the "bustling" town of Wethersfield to set up house in the more sparsely populated, and thus more secluded, area on the lower slopes of Ragged Mountain in what is now Barkhamsted.

Although the facts of how Molly and James originally met and the details of the early years of their relationship have been lost to time, thanks to extensive historical and archaeological research (spearheaded by Dr. Kenneth L. Feder, an archaeology professor at Central Connecticut State University who has led numerous excavations at the site of the Barkhamsted Lighthouse settlement, as well as Chaugham descendants), more is known about the couple's later lives.

Apparently, the social scorn didn't stop the Chaughams from being fruitful and multiplying. Once they had carved out a small settlement in the mountainside forest, the couple had eight children: Solomon, Samuel, Mercy, Meribah, Hannah, Polly, Elizabeth and Sally. All but Sally survived into adulthood, and of those children who did, both sons and all the daughters except Elizabeth married and had families of their own. A few stayed nearby, helping the small community continue to grow, with subsequent generations adding to the mix. Unfortunately, due to the nature of their heritage, most of the Lighthouse Chaughams were relegated to live in abject poverty.

As for James and Molly, they both lived long lives. James was believed to have been in his early eighties when he died in 1790, while Molly passed away in 1818 and was said to have been 104 years old. Both were buried in a small cemetery, headstones of which still stand near the original Lighthouse site.

As many as 30 Chaughum family members continued to live at the settlement until well into the mid 1800s, when the need for better economic opportunities gradually forced them to leave for greener pastures. After more than 120 years of occupancy, the Lighthouse was abandoned altogether, and slowly faded back into the woods—and history—for nearly a century until the efforts of Feder and other researchers brought it back to light.

The site of the Barkhamsted Lighthouse was officially designated a State Archaeological Preserve in 2008 by the Connecticut Historical Preservation Council, and is now listed on the National Register of Historic Places. It is part of the Peoples State Forest and is open to the public.

Oh, and the name Barkhamsted Lighthouse? As the state's population began to grow, others followed Molly and James into the more rural areas of the state, resulting in better blazed trails and eventually, transportation routes.

A trail that passed near the Chaughams' settlement became part of a stagecoach line, and it was said that the drivers used the glow of the home fires there as a signal that they were only a few miles from New Hartford, a key stop along the journey where horses could be watered and passengers could rest. Thus, the settlement was used as a "beacon"—a metaphorical "lighthouse"—to guide them to their destination . . . and the name stuck.

The Barkhamsted Lighthouse may not "shine" any more, but it's still a bright part of the state's landscape.

| R.B. |

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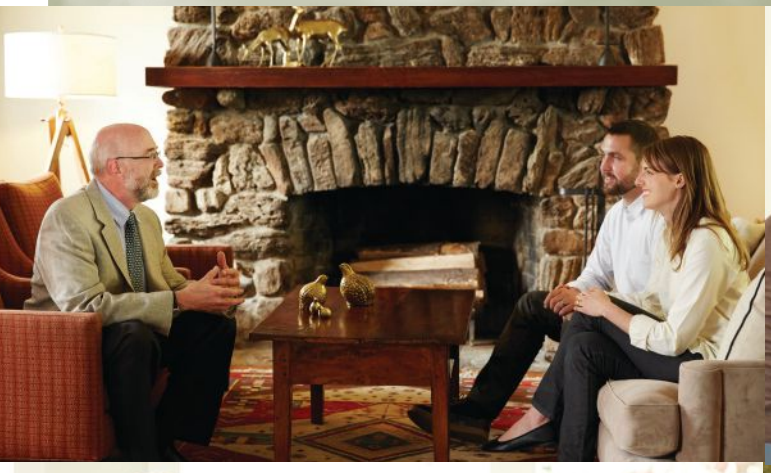

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